

Wow!

Change. Most of us hate it but it doesn't have to be that way.

Life coach Carolyn Curtis tells us more

THE power of the human spirit is immeasurable. We have all seen the terrible pictures of human misery on the news, often the result of war or disasters.

The human suffering that can accompany change in life can be enormous, yet I believe we are never given anything that is too much for us to handle — that is, if we are prepared to go within and connect with the power within us.

So many people are afraid of change. Yet change is a natural process of life and since no two days can be lived exactly the same, experiencing change is inevitable.

From the moment of conception our lives are filled with change. From infancy to adulthood our bodies are changing constantly, allowing us to crawl, walk, run, talk and all the time we are learning new things about the world around us.

With each new step forward we are also learning more about our own capabilities to cope with new experiences.

Changes in our lives like moving house, changing jobs, leaving a relationship, illness or the death of a loved one can be very stressful and often people can experience a lot of anxiety, fear and sadness at these times.

So how can we learn to cope with these changes in life in a more positive way? I believe there are four steps that can help you enormously and they are:

- Preparing for change
- Learning to let go
- Nurturing our 'selves'
- Learning to trust in ourselves

So, how can we prepare for change?

Most of our fears around change come from one underlying fear and that is the fear that we won't be able to cope or handle whatever happens to us. In other words not believing in yourself, in your own capability to survive whatever happens to you.

Is it any wonder! So many people go through life not supporting, loving or accepting who they really are and celebrating their difference and individuality.

They are so used to criticising themselves that they constantly feel 'not good enough', and like a pebble thrown in a pond these experiences usually ripple out to their relationships and they find other people criticising them. How can you break this cycle?

The place to start is with yourself! Stop criticising yourself. Acknowledge and know that you are doing your best you can in every situation, coming from where you have come from and knowing what you know.

Remember that criticism breaks the inner spirit whereas praise builds it. So if you really want to find that inner strength you need to nurture and love and accept who

The road to confidence



CONFIDENCE BOOST: Talk to yourself in a positive way to gain confidence

you are, knowing you cannot be everything that others might want you to be but also they cannot be everything you might want them to be. So you see, it works both ways!

Saying positive statements to yourself is one good way of achieving this — say to yourself "I love and accept myself exactly as I am". It may not feel true at first, you might hear a little voice in yourself saying something like "who are you fooling!"

But if you say that positive statement to yourself over and over for the next few weeks, you will begin

to feel yourself growing more confident and less critical of yourself.

Another way of really getting that message home is to look into your own eyes in a mirror and say these things. Remember how many times before you have looked in a mirror but only to criticise or find fault.

Saying positive statements to yourself in the present tense can be a wonderful way to empower, support and even forgive yourself. For example, imagine you are on your way to an important interview. You could listen to your fears, that little voice in your head. Or you

could decide not to go to it and instead tell yourself some positive, encouraging and empowering statements like "I am confident and articulate, as a person, I am going to ace this interview, I am calm and it is all going to work out perfectly"

What you would be doing here is encouraging and empowering yourself to let go of your fears, you also have trusted yourself enough to accept the outcome of the interview, because you know you will handle it.

After the interview instead of criticising yourself continue with positive statements "Well done, you did your best you could."

Remember, everyone makes mistakes, it's part of the human condition. The most positive thing you can do is learn from your mistakes so that you can do things differently next time.

Instead of being your own critical assessor, your own support system and you know that whatever happens in your life, you can cope brilliantly!

You will have learned how to support, empower and love yourself and thus you will find it easier to let go of any guilt or fear, about the past, present or future.

You will not need to find acceptance 'out there' because you will have cultivated it within yourself. You will have learnt to trust in yourself and in the process of life to support you and because you have this you will also find it easier to move out of your comfort zone and achieve things in life.

So begin right now, why wait until tomorrow? Empowering workshops have a variety of courses and workshops this autumn in Cork, Clonakilty and Mallow to help you learn tools to improve your life.

The aim is to motivate and inspire people to create the life they want.

● For more details see website www.empoweringworkshops.com or phone Carolyn Curtis on 087-6419912.