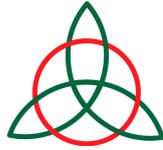


The Growth Zone

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If you couldn't fail

If you knew you couldn't fail -
what would you do?

When faced with this question what is your reaction? To immediately dismiss it as fanciful and a waste of your time...? I hope not. I'd rather hoped that you would think of that opportunity you've put to the back of your mind. For some it will be something on the list to do one day, other things maybe you've not dared to dream of but you've never quite forgotten. What would you do if you knew that you couldn't fail?

For some it might be a change of job or career that's on the agenda. It could even be a complete lifestyle shift given the number of different TV



programmes that are dealing with this subject at the moment! In business it could be a new product launch, taking on more staff or opening a second office. Personal dreams might include learning to swim or sail or even hang-glide, writing your book, making a speech in front of an audience or maybe even proposing marriage!

What would you do if you knew that you couldn't fail?

Assuming that I still have your attention, one reason this is holding your interest might be that you are looking for the push that will make you take action, the key that will free you from your own fear. Fear.... Surely that's too strong a word?! But if it's not fear that's holding you back, what are you waiting for? The right time, the opportunity, economic change, a message from God...

There are many reasons why we may choose not to take actions to make our dreams come true, but at the root of most of them is fear.

Continued...

Growing in confidence

Confidence is a funny sort of thing. Many people seem confident on the outside but, deep inside they are living in a battle zone, unable to move forward, maybe even fearing that everyone else can see their vulnerability. It's more often the case that you are confident in some

arenas of your life but insecure in others. The good news is that it doesn't have to be this way.

If you're ready to do more than read a book, perhaps you would like to enrol for a 4 week "Growing in Confidence" course that I'm running during June/July. *Continued...*

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Where next?

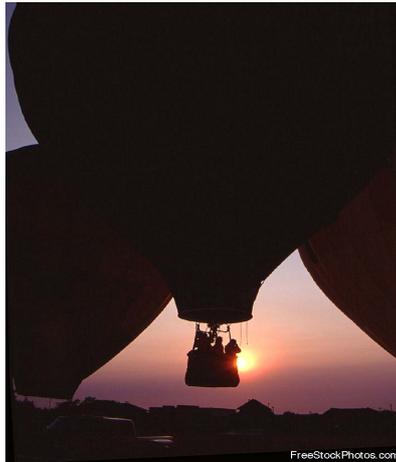
If you would like to enrol in "Growing in Confidence", please do contact me on 0118 962 2868. If group work isn't for you but you prefer to work intensively in a one-to-one coaching relationship to develop your self confidence and ability to achieve, we can also arrange this. Do call 0118 962 2868 or contact by email coaching@thegrowthzone.com

If you couldn't fail...

Fear of failure, of looking a fool, of rejection, of the unknown – we each have our own reasons for staying put. Better the devil you know and all that!

If you knew you couldn't fail...
if you knew that whatever happened
you would be able to cope...
what wouldn't you try?!

Susan Jeffers explores these ideas in her excellent book, "Feel the Fear – and Do it Anyway!". She points out that fear doesn't need to stop us doing anything, we can begin to manage our fear as we begin to believe that we have the ability to cope with whatever comes our way.



What opportunities are just waiting to be grasped, adventures to be lived, journeys to be made... if only we had the confidence to commit ourselves to them? Jeffers explains some really useful tools that you can use to take action now, action that is within your power, within your grasp.

If you would like to explore these ideas I can recommend you read the book yourself and add a hyperlink to **Feel the Fear** on the Amazon website (<http://www.amazon.co.uk/exec/obidos/ASIN/B0000634O1/the-growthzone-21>).

Just to give you a flavour – ways to reclaim your power include :

- Avoid blaming external things for where you are or how you feel – nothing outside yourself can control how you think or feel unless you allow it to.
- Don't blame yourself for not being in control – right now you are doing the best you know how.
- Be aware of what you gain by staying stuck (familiarity, security...)
- There are always choices to be made about how you feel or respond in any situation – choose that which is positive and contributes to your growth.

If you buy the book, you won't be disappointed, if you act on it, your life may never be the same.

**In any moment of decision, the best thing you can do is the right thing.
The worst thing you can do is nothing.
Theodore Roosevelt**

Growing in confidence

During the course we will assess our thinking – looking at the beliefs that limit our performance and learn to use tools that will give us greater choice about our actions and our beliefs. Eleanor Roosevelt said "If you think you can or you think you can't, you're right!" and so highlighted the power of our mind over our actions. Science is proving this to be true in many cases.

Self confidence is the greatest asset when facing a new challenge and believe me, self confidence is a skill that can be learned.

A previous participant on this course wrote :
"Enjoyable, thought provoking, life changing."
and encouraged by this, over half of the places on the course are already filled. If you are ready to take this opportunity to change the way you face the challenges of life, please do contact me now

**Whatever you can do or dream, begin it..
Boldness has genius, power and magic in it..
Begin it now!
Goethe**

Margaret Collins
Life & Business Coach

Your life, your time, your choice!

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