

# Coaching & Leadership Lens

MONTHLY INSIGHTS

TALEN TA LTD

THEME: INTERNATIONAL WOMEN'S DAY



This month I had the pleasure of contributing to a couple of publications in recognition of International Women's Day. It reminded me of how common it is for successful professional woman to get stuck in their careers due to self-limiting beliefs and imposter syndrome.

## I Am A Woman Who - chapter

The Woman Who Academy provides opportunities for women business owners to raise their profiles. The book features inspiring stories from female solopreneurs. My reasons for contributing were to show through personal experience that:

- we have so much potential if we can learn to face our fears & persevere in the pursuit of our dreams
- it's so common to have feelings of self-doubt as we push ourselves outside of our comfort zone - this will pass (in most cases - read on)
- we are capable of achieving great things for ourselves the more we are prepared to take risks. By adapting a growth mindset, we can focus on the learnings & our journey

## Niche Magazine - article

The theme of this feature was about the challenges faced by successful females. My reason for this contribution was to share strategies for overcoming self-limiting beliefs & imposter syndrome:

- acknowledge your feelings
- challenge self-limiting beliefs
- stop self-sabotaging
- re-label or reframe what's going on
- change the negative self-talk
- talk to others
- fake it 'til you make it
- carry out a personal SWOT
- overcome perfectionism
- own your successes

In my March monthly blog I explore Imposter Syndrome in more detail - link on next page.

## #ChooseToChallenge

The theme for this year's International Women's Day was **Choose to Challenge** asking for people to call out gender bias & inequality with a view to creating an inclusive world.

Given my HR background & personal values, this is something I have always championed but I am giving some thought as to how I can further support this through my coaching & collaborations.

- What are your own experiences?
- What are others experiences?
- How do you challenge?
- How else could you challenge?

[From challenge comes change...](#)

# Coaching & Leadership Lens

## MONTHLY INSIGHTS

### TALEN TA LTD

## THEME: DEVELOPING A NEW SCRIPT



I recently came across this quote - **"If you don't change your beliefs, your life will be like this forever. Is that good news?"** - W. Somerset Maugham, British Playwright. This got me thinking about the 'scripts' we create for ourselves and how these can be very unhelpful and constrictive in our lives.

### Your Script

Our Stories highlight what we have done / been & what has happened to us. They also suggest what we haven't done or what we don't consider ourselves to be. Our personal script is the memories & messages we use to define ourselves - our self perception. This can be negative or positive dependent on whether we define ourselves by past disappointments, or whether we see them as challenges we've overcome.

### Health Check on Your Script

- What do you tell yourself?
- Is it helpful or unhelpful?
- How are you reinforcing the stories over time? Where are you giving them too much of your faith & attention?

### Changing Your Story

- **Rewrite your story** - create a new narrative, something that serves you positively
- **Let go** - which original inputs are having too much power? What do you need to let go of? What can you replace it with?
- **Live intentionally** - set your intention; visualise what you want; take daily tangible steps toward making it happen
- **Develop daily affirmations and/or a mantra** - my affirmations are aligned to my values & self-worth

Remember, the past only has the power we give it each day...

### Resources:

Blog - **Imposter Syndrome:**  
<https://www.talenta.me.uk/post/strategies-for-overcoming-imposter-syndrome>

Ted Talk: **What reality are you creating for yourself?**  
[https://www.ted.com/talks/isaac\\_lidsky\\_what\\_reality\\_are\\_you\\_creating\\_for\\_yourself](https://www.ted.com/talks/isaac_lidsky_what_reality_are_you_creating_for_yourself)

**The Chimp Paradox:** The Mind Management Programme For Confidence, Success & Happiness - **Prof Steve Peters**

**The Mental Toughness Handbook:** A Step-By-Step Guide to Facing Life's Challenges, Managing Negative Emotions, and Overcoming Adversity with Courage and Poise - **Damon Zahariades**