Who’s Inside My Head?

Facilitated by
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@CoachBrianna   @ConvergenceSays
“Change your thoughts and you change your world.”

– Norman Vincent Peale
How Are We Related?

• How many of us can raise a hand to the following?
  – In my first job out of school
  – In a job that’s different than what I went to school for
  – Attended the University of Nebraska Omaha
  – Am newly married
  – Live in Omaha
  – Have a dog
  – Am sometimes stopped by my negative inner conversation
Your Little (UN-Leadership) Voice

- We all have an internal conversation running
- Mostly it is an un-empowering, somewhat negative inner voice, examining the external world and interpreting it for you
- It runs subliminally and most of us are unaware of it – but it affects who we’re being and how we behave and communicate in a MAJOR way!
- Pay attention to your voice and what it is saying to you as we go today
Strategies

• For the rest of this session, we’ll cover nine strategies for ensuring your inner dialogue is empowering

• At the end of this session, pick one that you’ll focus on in 2018
I am **100% responsible** for the happiness [or unhappiness] in my life

**Strategy #1**
“I have been through some terrible things in my life, some of which actually happened.”

- Mark Twain
Strategy #2: Choose Your Interpretations

• Whenever we’re upset or disappointed, we have a story to tell about what went wrong
  – That story is our truth, not the truth and often we’re mired in “ugly” interpretations

• There are always two sides to a story
  – Actively considering the “hopeful” interpretations helps us gain back our power

• When we emotionally hook ourselves from our upsets, we are able to make objective decisions
“Tell me, what is it you plan to do with your one wild and precious life?”

- Mary Oliver
Strategy #3: Speak Up!

• We all have times where we didn’t speak up or act and wish we had

• Going forward, whenever the little voice is telling you not to speak or act, challenge it by answering these questions:
  – What’s stopping me from acting?
  – What am I afraid of?
  – What’s the worst/best that could happen?

• Listen to the answers and how silly they sometimes sound
**Strategy #4: Reset Your Focus**

- Imagine a situation that would make you nervous:
  - Having to deliver a big presentation to your organization’s leadership team
  - Pitching a new business idea to investors
  - Meeting with your supervisor to learn the results of your 360 degree feedback assessment
- It’s five minutes before you’re “on” – what are you saying to yourself?
Strategy #4: Reset Your Focus

• You want your statements to come from a positive structure:
  – “You will rock this – remember your three main points” vs. “Don’t mess up” or “Don’t forget your three main points”

• **Focus on what you want**, not what you don’t want

• This is why saying positive affirmations is beneficial
  – I am strong / I am courageous
  – I speak my ideas and feelings
  – I am in control of my happiness
“If you can imagine it, you can achieve it. If you can dream it, you can become it.”

- William Arthur Ward
Strategy #5: Visualize Your Success

• Numerous studies cite the benefits of visualization
• Effective visualization primes your body to perform
• Let’s practice!
“Your playing **small** does not serve the world.”

- Marianne Williamson
Strategy #6: Take Up Space

• The way we hold and use our bodies in our interactions affects our behavior

• More expansive postures exhibit to others and ourselves that we have confidence

• Breathing quickens when you’re anxious or nervous – consciously slow down your rate of breathing
“All our dreams can come true, if we have the courage to pursue them.”

- Walt Disney
Strategy #7: Identify Your Priorities

• Take time to set goals for yourself
  – Short- and long-term

• This allows you to choose how you spend your time more strategically

• Take advantage of tools to help you
“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.”

- Oprah Winfrey

Strategy #8
Strategy #8: Speak From Gratitude

• Reminding yourself about what you have pays dividends related to:
  – Relationships with others
  – Physical health and sleep
  – Psychological health and self-esteem

• Try this: each night when you go to bed, list three things you’re thankful for from that day

Source: https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude
“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.”

- Buddha
Strategy #9: Get Physical

- Exercise benefits our cognitive function
  - And, when you’re happy with the way you look and feel, you exhibit more confidence

- Assess your current exercise regimen and consider possible changes to include:
  - Walks/hikes in nature
  - Aerobic exercise
  - Resistance training
  - Yoga
  - New or challenging activities that challenge coordination
“You are responsible for the energy that you create for yourself, and you're responsible for the energy that you bring to others.” - Oprah Winfrey
Thank You!

- Contact me at any time and join us on one or all of our social media platforms:

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