



Alive Awake! Feeling great!



BE TRUE TO YOUR SELF.....

BE WEIRD.

BE RANDOM.

BE WHO YOU ARE.

BECAUSE YOU

NEVER KNOW

WHO WOULD LOVE

THE PERSON YOU HIDE.



wake up world
IT'S TIME TO RISE AND SHINE

This connected with me this morning as I remembered when I first stepped into the corporate world from my lab days....

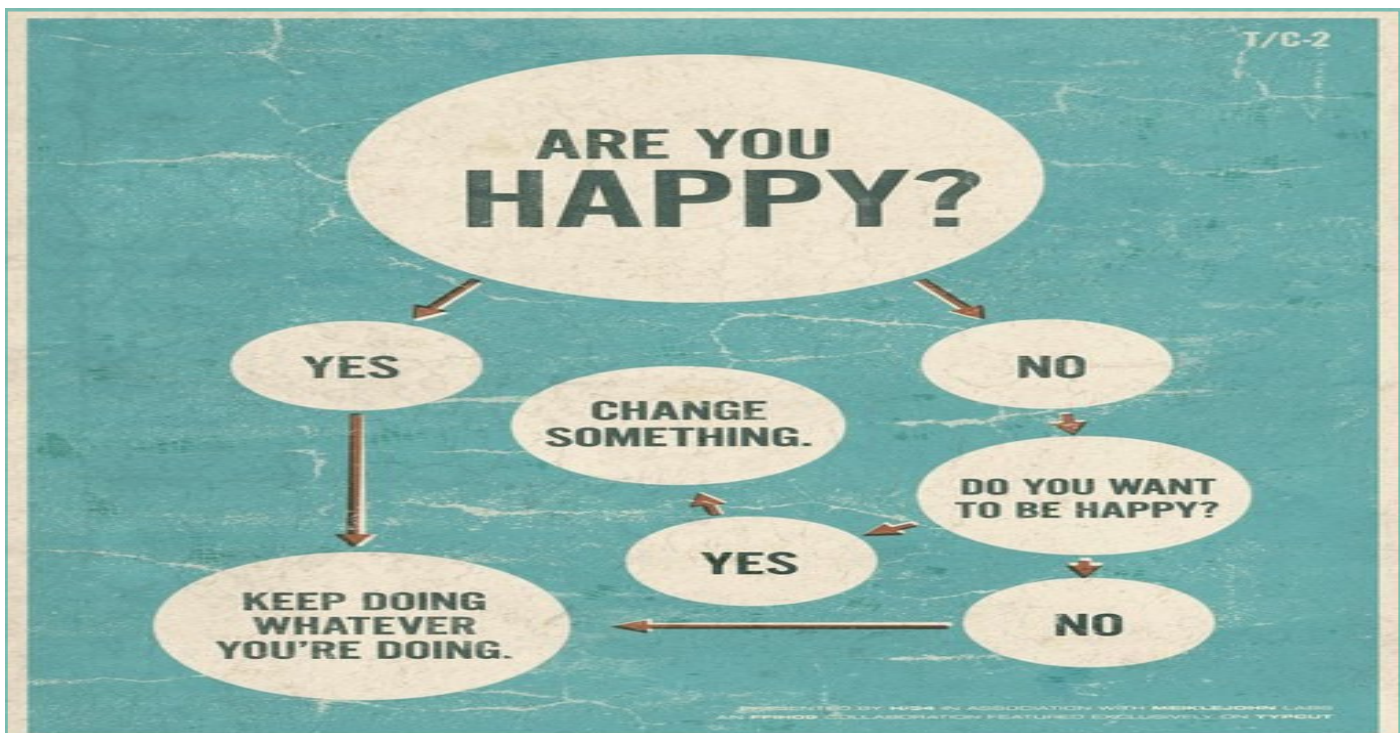
In the lab I wore bright, zany trousers which generally I made, so they were unique and then I entered the world of business and suits became the order of the day. Though women have more choices in the colour of suits they wear, we are often guided to plain, boring, the same in order to '**fit in**'.

It's great that I can go to my office and be who I am and wear what I like...no more hiding, I love being different in fact being the real you is the secret to your success....

Life is like a game of cards. The hand you are dealt is determinism; the way you play it is free will.

Jawaharlal Nehru





Its so easy to just go along in life accepting that this is your lot. Put up and shut up. What a horrible thought but people do just that. They moan about their lives using all the excuses as to why they are stuck but not understanding that they and only they have the ability to change things. Motivation is hard. Hard if you feel negative all the time. You feel perfectly capable and in control of changing the channel on the telly because the programme isn't interesting and bores you but for some reason you just can't change your life. Why do you think that is? Lazyness? Insecurity? Lack of direction? Lack of assertiveness? Energy? Because it takes time and effort?

How often do you hear people saying being made redundant was the best thing that ever happened to them or they finally changed jobs and it was a revelation - why they hadn't done it years ago they just don't know but it was the best thing they ever did!

There is a saying that goes 'Things will only change when we have suffered enough'. When we are unhappy we make the people around us feel that pain. It may be innocent and certainly not intentional but nevertheless when we are unhappy it shows and hangs in the atmosphere. We end up not helping or pleasing anyone because we are too busy feeling misunderstood and wanting to say no but not doing it.

No is the most positive word in human language. Whether we say no, non, nein, niet whatever the language whether we speak it or not we all understand the meaning and have a right to say it. We have the right to change our minds, life direction or our beliefs at anytime, its our freedom of choice. We need to believe that change is good and by taking control anything is possible. The unknown isn't scary its just unknown.

Its too easy to become stuck. Repeating the same routine day in day out. A journey of a thousand miles begins with a single step. Decide to make one simple change each day. It could be one less sugar in your coffee this week and no sugar next. Then the next day change something else until you have changed enough small things to realize that you have the ability to change something bigger. Build your confidence up. Maybe consider starting something new like learning to draw to give your life a new dimension. Don't be put off by not being Picasso on your first attempt—no one is except Picasso. Being happy isn't just a state of mind it's a state of being. Being here in the present enjoying the life you have. If you don't like what happened today remember tomorrow is a fresh slate and you can start again. Make a change and make the first step to be happy.



Becky's Amazing Adventure Part 2

Last year as you know I cycled from London to Paris raising money for my chosen charity the Multiple Sclerosis Society. I made a lot of friends along the way and helped to raise money and awareness of this disease. As you may be aware my father was diagnosed in his late twenties with MS and lived to the age of 72 which was an achievement in itself but so much more re-search needs to be done if we are to make MS history.

This year I have taken up the new challenge of cycling from London to Amsterdam. This takes place from 8th September to 11th 2015. Four grueling days cycling from England through France and Belgium and into Holland ending up at Amsterdam. I am as ever determined to do it so please support me in raising more funds and more awareness of Multiple Sclerosis.

If you would like to make a donation towards my chosen charity and to sponsor me on my next adventure please go to

www.justgiving.com/s42queenb4ms/



What does *Trust* mean to you?

Trust is often talked about in the context of a person or group of people.

I 'trust': my close circle of friends to be open and honest with me, my son to know the difference between right and wrong. My employees to tell me when something isn't working for them. My accountant with the confidentiality of my finances. My bank to keep my money safe. The pilot of an airplane to know how to fly.

Then there's trust in an object: the parachute as you skydive. The car, the bus, the scuba diving equipment, the product just bought to fulfil a need etc.

Your level of trust for people and things depends greatly on your experiences in life. How your parents demonstrated trust and how they reacted when let down. How you were treated when you made a mistake or let someone else down. How you experienced confidentiality in work/social/other environment, have all contributed to how you view trust today.

On entering a new relationship/partnership, you engage based either on, recommendations from others or your feelings. In those first few moments an emotional connection is made whether you are prepared to trust this person.

If trust was money, you'd start out with as much money in your 'trust bank' as your attitude towards trust allows. Every time a person does something inconsistent with your beliefs about them a portion of 'money' is removed from your trust bank.

Like money, trust comes and goes, without it interactions with others become difficult to the point that often a relationship is severed and the 'trust' is considered lost.

Am I honest and truthful with myself? If not, how can I trust myself to be honest and truthful with others? Which then leads to the question when a relationship breaks down (be it business/family/friendship) because 'we don't trust them anymore,' are we really saying 'I no longer want to invest the time and energy to build this relationship because it's no longer working for me (a conscious honesty of the situation) or are we saying 'I don't trust myself to put the effort in, to keep finding ways to maintain our relationship?' So we create the situation where the other party doesn't fulfil our expectations and we can feel betrayed.

Trust is built by investing time and having an intention to build a mutually respectful relationship. It requires both parties to be open, truthful and honest with each other and most importantly themselves.



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