



Case Study – Sam Warner

Before I met Sandra I had been divorced, bereaved of my beloved cats and had just resigned from 20+ years in corporate life as I was heading for burn-out. I was already self-employed but had decades of negative conditioning from school, parents, university and office jobs. I was the square peg that did not fit into the round hole. I was keen to make a go of my business and new life away from mega-stress and rules I couldn't conform to but I was stuck. I was so used to having someone tell me what to do - I had forgotten how to be creative and think for myself. I was so scared to make a mistake (because the punishment in the past had been so painful, physically and mentally) that I wouldn't try anything new or even slightly risky.

I needed to find a way to re-programme my mind into a different space. One where I didn't need to seek permission all the time. I needed to learn that failing was actually a great way to move forward with new ideas. I needed to not fear the uncertainty of being self-employed as well, what would life be like if I became a success, how would my life change?

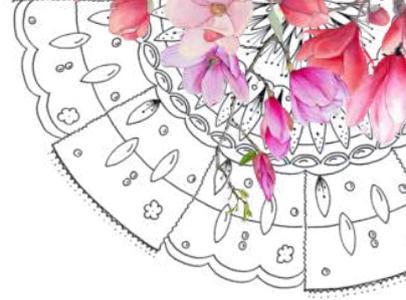
I resisted doing tasks that I needed to do to move my business forward. I wanted approval from others, I wanted my current husband to be more interested than he is. I didn't feel supported and I felt like it was hard work every day to get going. I felt like I was not pulling my weight in my relationship financially which felt like an additional burden.

I often found myself avoiding doing any of my "To do" list which overwhelmed me and doing something else instead, like binge watching TV shows or staying in bed. My health was okay but I led an unhealthy lifestyle and I was overweight. I am quite cautious of people who do the big sell, so I had steered away from seeking help from people who were overtly offering it online. In truth I wasn't actively looking for help- because I was unconsciously incompetent, and I didn't know that help existed for what I needed to solve.



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Case Study – Sam Warner continued



I met Sandra at a networking group and we soon became firm friends, you know how you just click with someone right away? Because I got to know her quite well, I felt I could trust her and knew she was full of integrity and also this vast knowledge and experience of helping others break through their barriers in an innovative and interesting way. I've been a fan of personal development for years and have a bookcase full of books to show for it, so I'm not shy about seeking out information but sometimes you need someone to be there with you to walk you through it - ask some tricky questions that you're avoiding and to challenge you in a way you wouldn't do if you were on your own. I loved the creative metaphors and had rarely given myself that kind of time to think. I had done mindless escapism but not mindfulness or concentrated on how I feel, and why. I liked the balance of coaching and homework, because that gave me time to reflect and try things out without being hurried or watched over. It allowed me to be more honest with myself. I never felt like I was being lectured or judged.

I suspect if I had not worked with Sandra I would be back in corporate by now trying to scratch out a living and trying not to burn out - thoroughly miserable and resentful. My relationship would have suffered as I became more miserable and I would have struggled to maintain friendships as I would not have been able to afford to go out, and I would have been too tired and not wanted to anyway. I might have been financially better off, but that doesn't mean that I would have been happier or healthier.

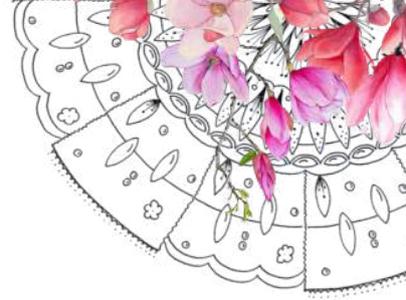
I didn't see any risks to working with Sandra - it was an easy yes because I felt she had my comfort and happiness at heart. I never felt like I was just another client. I had reservations about if I could make myself do the homework because I didn't want to let Sandra (or myself) down, but I found that I wanted to do it. Investing in myself was a tricky thought because I have felt so unworthy for so long, but I felt that taking this plunge was my only way to solving my barrier problems and making my business have a fighting chance. I so desperately did not want to go back to corporate.

I didn't have any reservations about working with Sandra as I knew she had my best interests at heart.

I wasn't prepared for the massive changes I experienced by attending and really committing to this programme. I had recaptured my childlike wonder and dropped most of the fear of failure that I carried with me. It made me want to go home and work on my business - I was excited for it, instead of avoiding it. I realised I only need to give myself permission to do anything.



Case Study – Sam Warner continued



These changes were immediate, as it felt like a series of doors unlocking as we went through the programme. I was able to get cracking on my to-do list, stop binge watching TV, and get into the new habit of enjoying the process of discovery and creativity in my business. The long-term effects are that this doesn't wear off and I have been able to re-employ what I have learned to myself when faced with new crises and barriers. It also stopped me being so self-critical and always putting myself last. I learned that I need to restore myself before I can help others fully and continuously.

I can say without a shadow of a doubt that Sandra has removed any possibility of a stress burnout now as I can see it coming when I feel overloaded or overwhelmed and I have the tools to take a step back, practise self-care and reflection and then make a plan to move forward.

These tools are with me for life! My business has grown and I have been able to stay away from returning to corporate just for the money. We've managed on less money but our lives are richer because I'm not miserable and stressed out all the time.



I have more moments when I say to myself “Why not me, why not now?”, “So what if this doesn't work, you'll have another idea to try”, and “What are you waiting for? Permission?” These serve as a mental kick up the bum to keep using the tools to grow my business and become a nicer and more confident person to be around.

Sandra has this ability to gently prise out of your mind the a-ha moments you need to move forward. The blocks were not surgically removed, but they fell away easily once I knew how to handle them, and how to think differently. It's like Sandra gives you a special lens to see yourself through. Completing this programme actually led me to go on to address some very deep feelings of guilt I had about a bereavement and she encouraged me to seek help on that specific block via the Grief Recovery Method, which was also life-changing and I have felt so much lighter and happier since completing that too. If you are stuck, blocked or in a rut you would do well to go on one of Sandra's programmes and commit to doing the homework. It's really empowering to go from A to B and see the changes happening before your very eyes. Plus it's actually fun and interesting – the creative side of things was therapy in itself because I was able to take something that was just considered rubbish and turn it into something beautiful – such a great metaphor for life-changing thinking.

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