

Confessions of a Flawed and Fabulous Human

I have over the last month been posting about positive intelligence and wanted to round off the month with a snippet from my personal experience.

I stumbled across Positive Intelligence for Coaches while on sabbatical in late October 2021. I completed the 6-week foundation programme and then signed up for the 12-month coach training programme.

My journey:

1. The reprogramming of our brains and growing new neural pathways to our right brains through the PQ operating model really works. I was sceptical to start with but after starting to experience some of the benefits in 4 – 5 weeks I was hooked.
2. Returning to work in January 2022 in a short online coffee session with colleagues just catching up, someone said “we don’t know what Barbara is on, but whatever it is, we want some”. I was surprised the change was so obvious...
3. I went on to do the coach training programme and am still on the GROW programme practicing PQ for about 30 mins split up across my day on most days.
4. I have coached about 40 people in the last year and 90% of them experienced similar profound life changes. Pop to my website to review their stories www.nzouleader.com.

My biggest learnings are:

1. If I stick with the practice for 15 to 30 minutes a day or 0.02% of my time and attend a monthly GROW POD coaching session with other people on the journey (0,03% of my time) I have consistently quieten my fearful left brain, learnt how to give my busy, anxious mind a much needed rest, switch to my right brain.
2. I have seen I can deal with life’s challenges in a healthier and more effective way.
3. My spiritual practices have deepened profoundly.
4. I am more productive.
5. My relationships have improved with even so-called difficult people.
6. I even experience moments of pure joy in any given ordinary day

Why am I telling you this? One reason. I have had a very tough 10 days. I believe we live in a crazy world. We have unexpected challenges every single day. In this week I have had to support a very ill family member, had fraud attempt on my credit card, been extremely busy at work, lost half of my regular income, and needed to lend fairly large sums of money to my son and a friend who are really struggling financially, learnt that a lady and her 3 year old child who I have taken into my home to shelter her from a murderous husband may be seriously ill herself. This is 10 days.

What PQ has taught me is this:

There is not much we can control in this crazy world in which we live. But one thing I can control is whether I face these challenges from fear, anxiety, anger, self-doubt, sadness, shame or love. Love for self, others and life itself. This one choice makes ALL the difference. Our saboteurs will never leave us, it’s the way our left brains are wired, BUT once learning to access the right brain and grow our sage powers our experience of life’s inevitable challenges is markedly different, and I am learning how to turn every challenge into a gift and opportunity.... This is the life changing part.

The truth is we are all flawed but we are equally all fabulous. Time to get to know your fabulous self-better and maybe let him/ her out of the prison of our own making (this is the flawed part you will

also learn to love).? There is honestly nothing stopping you.... 0,03% of your time? And a daily choice....

