



June 2014
Issue 12

Complete Harmony

Achieving harmony in your world

Coaching

Stress Management

Personal Styling

EFT

Reiki

The power of feedback and creation of negative beliefs

Buddhist abbot Ajahn Brahm gave the example of a monastery wall he built in Australia. The wall had two "bad" bricks sticking out at an angle. He was embarrassed about the appearance of the wall until a visitor pointed out that only two bricks were deficient out of 1,000.

The morale of this story:

Whenever we give feedback it is always important to put deficiencies into context. Talk about the 998 good bricks, as well as the two bad ones, otherwise they may feel you are attacking their entire wall.

When feedback is levied at a person's identity rather than behaviour, this can create or reinforce limiting beliefs. Henry Ford, once said 'Whether you think you can or you think you can't, you're probably right!' He was making reference to the fact that what's going on in our heads can have an effect on the way we behave.

A belief is a thought in your mind that causes the power of your subconscious mind to effect your thinking habits. During early childhood we are given information and because we have no frame of reference or experience against which we can validate this information, we tend to believe it as being true. If they are negative, we can carry this negativity into our adult life and allow it to affect the way we think and limit what we believe we can achieve. A large number of our thoughts are negative and as many are repeated, this only serves to reinforce the negativity.

These are known as limiting beliefs, which can be changed and once changed can have major benefits to our mental health. Limiting beliefs arise from filtering information as there is so much information reaching our brain. For much of what we do we operate on autopilot like getting out of bed. Whilst these traits are often required for efficient working, they can create powerful limiting beliefs that are not useful or appropriate. We delegate, generalize and distort massive amounts of information. These internal processes function automatically in the subconscious. In road accidents, investigators find that, were witnesses are highly stressed, they produce wildly different accounts of the same event. If you hold a negative belief what can you do? The first step is to recognize it, because only then can you begin to change. Often people fear failure or success, fear of the unknown, I don't deserve it, I'm not good enough, It's going to take a long time.

Beliefs are like software, it's no good if the computer's great, if you're running on the wrong software, you won't get the right results. The right beliefs lead to the right action. You are what you think.

"I praise loudly. I blame softly." Catherine the Great

At Complete Harmony Rachel helps people achieve a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being. Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc.(Hons) in Financial Services, Rachel now works as a Wellbeing Consultant.

As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, AAMET EFT Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant, Member of Mensa, Associate for the Chartered Institute of Bankers, member of The Institute for Learning and member of UK Reiki Federation, she has extensive experience of coaching, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

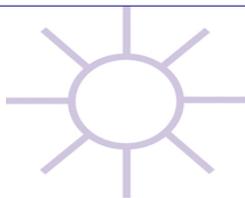
Rachel's corporate business...

How The Wellbeing Programme can add value.....

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects including: coaching, stress management, performance management, communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of Team Development workshops.



Career And Life Management

Mission Statement:

Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.

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