



Personal Coaching
With Stella's Mum



The power of intrapersonal communication

Personal coach, trainer and author ELISABETTA FRANZOSO reveals how your "inner conversations" can impact your relationships, self-confidence, health and wellbeing.

Are you aware you communicate with yourself more than you do with anyone else?

Intrapersonal Communication When we are not communicating with someone else, we are carrying on a running conversation with ourselves – even though we might not be aware of it!

Reality Check Your internal conversations direct the way you view the world and the way you perceive yourself. They also have a momentous impact on your health and happiness.

Insight Your inner conversations are often referred to as your "internal dialogue" – when you talk to yourself all day long. This is how you create endless categories, to help you remember everyone and "place" information. If your intrapersonal communication is negative and you routinely tell yourself the world is a vicious rat race, or you're lazy, not good enough and fearful, it's very likely the outcome will be just so.

Result The way you talk to yourself builds your self-concept. Your self-concept is the sum total of all the messages you give yourself about your worth and who you are. It also includes your judgment of others – which lasts from morning until night, even in your dreams! A positive and honest self-concept creates a healthy body-mindset and leads to success. While a negative self-concept is often the cause of a lack of self-confidence and low self-esteem, consequently it may affect your relationships, health and wellbeing.

Moving Forward Negative internal dialogue is frustrating and exhausting, but you can do something about it. A positive and honest inner dialogue creates a powerful body and mind. And personal coaching can help you gain insights about your internal communication patterns.

In my journey of transformation I gained deep awareness of how my inability to communicate authentically was affecting my physical, emotional and intellectual health. So be aware of what you say to yourself! Your inner conversations influence your reality and they also have a direct impact on your health and happiness. **F**

Elisabetta Franzoso BA, Dipl.Psych, MSocSc

SIGN UP NOW!

Join one of Elisabetta's public workshops, **WellBeing in 4Dimensions** and **Communication in 4Dimensions** at *Singapore Institute of Management*. For information on the 2009 schedule, email info@insideoutyou.com or call 6465 4605.

Elisabetta Franzoso is a highly self-driven coach and motivator for Communication and Self-expression. Her passion is to empower people to achieve excellence and transform from the inside out. The founder of *InsideOutYou* – a corporate training company specialised in communication – she is the author of *Stella's Mum Gets Her Groove Back* (\$28.80, at bookstores and www.amazon.com) – an inspirational real-life testimony of how love, faith and hope can triumph over denial, guilt and shame.



STELLA'S MUM
Your Personal Coach

Stella's Mum Personal Coaching Services

Tel: 6465 4605/9621 3858

Web: www.StellasMum.com

www.OutOfYou.com

Email: info@StellasMum.com