



**Personal Coaching**  
With Stella's Mum



## The power of a positive heart

**Personal coach, trainer and author ELISABETTA FRANZOSO reveals how a positive heart can build positive relationships.**

**Y**our emotional condition is expressed through your body language, words, behaviors, choices and your results.

**A Positive Heart** You can only see others clearly when your eyes are unobstructed from old anger, fear, guilt and shame. If your vision is hindered by old negative emotions, you won't observe others objectively.

**Reality Check** How do you consider the actions of other people? Do you view people through the eyes of an intoxicated heart? If so, you won't be free to view others through the eyes of a heart which is positive and trusting – and a heart which isn't envious or easily angered.

**Insight** If you have a corrupted heart, everything you're involved in will seem polluted. You'll assume others have nasty motives, because you know what you'd do in similar circumstances. You're likely to be cynical about what you hear, because your own words are deceitful. And you'll be easily drawn to negative people and situations.

You need to detox your heart from negative emotions before you can approach life without malice. Once you've detoxed, you'll stop questioning the motives of others. You'll find those who can't accept you unconditionally won't bother you anymore and you'll stop looking for faults in others.

**Result** When your heart is free of negativity you'll naturally focus on people's strengths, rather than their weaknesses. You'll even find yourself giving praise to other people and will be able to set healthy boundaries in your relationships, living with true self-responsibility and love.

**Moving Forward** Regularly give your heart a check-up – just as you would with your physical health. Choose a personal coach who, with a strategic plan, can challenge you to identify the self-destructive emotional behaviors preventing you from building positive relationships and achieving results in life and work.

Change your life and undergo an "emotional detox", just as I did 10 years ago. It's sure to transform your family, work, money and health. Be brave and take the first step to achieve the life of excellence you deserve! **F**

### 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](mailto:info@insideoutyou.com) or call 6465 4605.

Elisabetta Franzoso BA, Dipl.Psych, MSocSc

Elisabetta Franzoso empowers individuals to achieve excellence and transform from the inside out through personal coaching services. The founder of *InsideOutYou* – a corporate training company – she is the author of *Stella's Mum Gets Her Groove Back* (\$28.80, at bookstores and [www.amazon.com](http://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](http://www.StellasMum.com)

[www.OutOfYou.com](http://www.OutOfYou.com)

Email: [info@StellasMum.com](mailto:info@StellasMum.com)