

### Presents:

~ TELL YOUR STORY ~

~ USING THE PAIN OF ~



# Why Tell story



### Tell your story

Why did it happen and what did really happen. Why did you let it happen, where were you naïve and what did they take advantage of.

What happened to you?

You must align yourself with what happened. That is first step to move on.

Your inner voice and yourself daily life coaching must be positive and aim for good things in the future.

How will you get to that point.

## What have I tried



#### About me my story –how I feel it.

My story has taught me, that we need to share, had I known that I could lose 6 months salary and my pension, I would have left and taken the 1 month I had control over. This is my life – my name and what they did is not right. No matter what they say.

I was fired after working 10 years for a company. They fired me took my salary and pension. For having send e-mails home, so that I could work and not hurt my shoulders, as they did not provide me a screen at work only a small laptop, but they demanded results, Is this fair no, can they do this yes and they did.

Had I know that this could happen — had I had a place to ask specific for this, I would have been wise to know I know I should have left. That is is why **This forum is to share** life challenges for us to know, what we are up against on all levels in life.

## Do not let life challenges outsmart you

## Tell your story



### Tell your story

The pain from within has a voice and is trying to tell you something

What does it feel like

How does it feel with

What?

What do you need to hear?

# The pain within,



What is it trying to tell you

It is a voice that you need to listen to, it does not have words as you speak, but is has a voice through your feelings.

You know when you are well, when things are good, you know when you are in balance and have a peace of mind.

Hear to listen

# Tell your story,



Give yourself the credit

Tell your story, your side of the story as seen with your eyes, feeling your feelings, hearing what you hear.

Tell it because you want to hear.



Life C oaching is a powerful tool for great I if e skills, Use them with respect and for G II the right reasons. Never cross the level of good life coaching practice