



Personal Coaching Transform from the inside out



Wellbeing & communication

ELISABETTA FRANZOSO explores the relationship between wellbeing and communication – the ninth focus of the Wellness Inventory Wheel.

Reality Check Communication involves organising your thoughts and feelings, then transmitting them in the form of a verbal or nonverbal message. Human communication is an exchange of information between a sender and a receiver. But as humans are so complex, it's virtually impossible for us to communicate isolated bits of data. Each time you speak to someone, you're revealing something about yourself – your tone of voice, facial expressions, gestures, words and even clothes act as a message about yourself.

Insight The people you communicate with interpret what you share in the form of theory perceptions, beliefs and values. Sometimes there are so many variables and hidden messages the original information ends up getting buried. When you're not busy communicating with someone, you're carrying on a running conversation within yourself. Although you might not be aware of it, this self-talk has a deep impact on your self-esteem and subsequently, your wellbeing.

Result These internal conversations are as vulnerable to distortions and misrepresentations as any other conversation. Internal conversations direct the way you view the world and yourself, so they have an impact on your health, happiness and general wellbeing. If you tell yourself you are weak or unworthy enough times, the likely outcome will be just that.

Moving Forward Once you realise how exhausting and sabotaging self-talk can be, you can resolve to change it. With the support of a professional personal coach, set aside time each day to observe and listen to your inner dialogue. Journal your intrapersonal communication and explore why it deeply influences your health and wellbeing. Awareness gives you the ability to take responsibility and action and make a decision to enhance your communication skills and lifestyle. **F**

Did you know?

Self-talk and self-concept are directly connected – when you communicate with yourself, you're altering or reinforcing your self-concept. A strong, worthy self-concept is in sync with a strong, worthy body and mind. So your wellness depends on your self-concept, which is influenced by your intrapersonal communication.

Testimonial

"Elisabetta has helped infuse courage and positivity in the most intimate parts of my life. I can now continue my journey with restored energy, courage and a new, stronger inner motivation."
Elena Ardiri (Fitness Trainer & Pilates Teacher)

Elisabetta Franzoso BA, Dipl.Psych, MSocSc
Author of *Stella's Mum Gets Her Groove Back*
available at bookstores and www.amazon.com



Elisabetta Franzoso is a highly self-driven coach and motivator who focuses on communication, self-expression and wellbeing. Her passion is to empower people to achieve excellence and transformation from the inside out. *Stella's Mum Gets Her Groove Back* is Elisabetta's personal testimonial of living behind a mask for many years and how love, faith and hope helped her triumph over denial, guilt and shame. Visit www.insideoutyou.com to complete your Wellness Inventory index and get your personal Wellness Assessment.



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InsideOutYou Coaching & Training
Tel: 6465 4605/9621 3858
Web: www.insideoutyou.com
www.stellasmum.com
Email: info@insideoutyou.com