



**Personal Coaching**  
With Stella's Mum



## The power of *real* self-confidence

**Personal coach, trainer and author ELISABETTA FRANZOSO explains why real confidence in both body and mind, is key to personal growth and success.**

**Self-Confidence** A reasonable level of self-confidence is a prerequisite for happiness, healthy relationships, winning at sports, daring to look for new adventures – you name it! Low self-confidence can cause a host of behavioral problems, including violence, addictions, challenging relationships and underachievement.

**Reality Check** To assess your self-confidence, check your self-perception. Is it positive – enabling you to unlock the power of real self-confidence? Or negative, resulting in low self-esteem?

**Insight** We often look outside ourselves to build self-confidence. In reality, living in real self-confidence means looking inside ourselves and nurturing the belief we're beautiful from the inside out. Jane Fonda, discussing the topic of self-confidence with Oprah Winfrey, admitted she suffered from bulimia and anorexia for 30 years. She advised she was able to recover, but "as with all forms of addiction, you have to figure out what inner emotional needs you were trying to satisfy."

**Result** By deliberately steering internal dialogue towards empowering thoughts, you increase your level of self-assurance. To nurture real self-confidence, replace your current internal dialogue with positive messages, such as: "I choose to feel joyful", or "I choose to feel okay" – despite the circumstances. At other times, search for the hidden beliefs and emotions unconsciously sabotaging your self-confidence.

**Moving Forward** Start thinking less about your body and focus on what your body and mind connection can do! Knowing what you want and what makes you *feel good* will help you build *real* self-confidence and a positive body image.

To remain confident – even when I find myself in challenging situations – I choose to stop and focus on what I have in life. I think of all who have come before me and the trials they've endured. And I realise I'm not the first person to face adversity. My inner dialogue becomes, "This has been done before. I can do it again. Maybe even better!" **F**

**Elisabetta Franzoso BA, Dipl.Psych, MSocSc**

**SIGN UP NOW!**

Join Elisabetta's public workshops, **WellBeing in 4Dimensions** and **Communication in 4Dimensions** at *Singapore Institute of Management*. For further information email [info@insideoutyou.com](mailto: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](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**

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