

Speaker: Dr. Joanna Martin

BePowerful Introduction

Hi, I'm Jo Martin the founder of *One of many* and welcome to BePowerful where we're going to take you on a journey over the next 12 weeks to a more bold and abundant you. Wherever you are in your life right now whatever is going on for you we want to help you to reconnect to a sense of incredible power but not the old kind of power, we're talking about a completely new paradigm of power that's going to help you to bring more grace, ease, abundance and joy into your life.

Not just that but a massive impact on the people around you which will give you the confidence to step up and make the difference that you're feeling called in your heart to make.

So, what can we expect over the 12 weeks together?

Well, we want you to have more grace in your life, less overwhelm. If you're feeling at the moment that life is kind of out of control and you want to bring more command, control, be able to set boundaries more effectively, feel like your life is less hard work, that you're able to receive more, more support and more help; you're in absolutely the right place.

At the end of these 12 weeks you're going to feel an incredible sense of abundance in your life as well. You might be feeling really time poor at the moment but by the end of this you'll feel you've got more time. You'll be in flow much more, And I'm hoping that if money is important to you, there'll be a greater flow of money coming through as well.

Finally, we want to focus on your boldness. I want you to tap into and discover a sense of courage. A sense of confidence and to be really able to express that powerfully in the world. Whatever it is that's important to you, we're going to have a transformation in that area.

So, over the course of the 12 weeks we're going to pick one area of your life that you absolutely want to transform and that will be our focus.

Every week you and I will meet right here and I will take you through the tools and templates that are going to be the foundation for the work you'll be doing that week. We'll put them in here for you in video, we'll also make it audio if you prefer to listen to them on the drive to work or while you're exercising and there will be a transcription for you too, so if you prefer to read it will be there. So however it works for you, it'll all be in here.

In addition, each week I've put together some integration assignments for you and they're going to help you implement the tools that you've learnt that week into your daily life, into your work and home life. Now some of them do include a quick 20 minute audio to describe the tool that I've shared with you. Others are just written exercises that you'll understand really quickly and be able to implement fast. All of this is going to be overlaid with group question and answer sessions which you are going to receive information about separately in an email so keep an eye out for that.

If you're doing the premium level, you're also going to be having one on one sessions with your own personal coach. Now she's going to help take you at the beginning through a detailed history on the challenge area that you'd like to work on to help you get to the core of what's been holding you back in that area.

She's also going to personally guide you through the release processes. I'll be sharing them here for all of us, but your one on one coach can guide you through them for even deeper learnings. She's in addition going to hold you to account each and every week so that there is no promise that you made to yourself that goes broken over the course of these 12 weeks.

If you're listening to all that and thinking-"oh that sounds great!" Well it's not too late to upgrade to Premier if you want to. So just drop us an email at talk@oneofmany.co.uk and we can tee it up for you.

My final piece of advice is for you to go and get yourself a shiny new journal, something which you really like to write in. Just blank or plain lines. And over the course of the 12 weeks, I'm going to share

with you many exercises which I'll want you to capture all in that one place. And a particular way to use journaling that's going to help you to get in touch with an inner sense of power, certainty and flow.

Last little bit of nuts and bolts. Where do you find stuff? Well, if you're watching this you've already found your library; all of the videos, audios and transcriptions you're going to find in here. We're going to pop all of your integration assignments in here as well. You can keep all of your own notes and records in that beautiful new journal you've got yourself and all of your coaching is going to be managed via email with you. So, one of the best things you could do right now actually is make sure that you add talk@oneofmany.co.uk to your contacts list, to make sure that you get all of our emails and they don't end up in spam folders and the like.

Your daily support is going to be happening in the BeOne Global Community. It's a thriving community which we host on Facebook. And if you're not already a member, you may well be, search for it on Facebook and you can come and join in there. Now we're also going to put a link for that here in the member's area so you can just follow that link if that makes it easier for you. When you're sharing in the BeOne community, use the #BePowerful to get our attention. That will pull us in, all of the coaches in, to have a look at what it is that you're sharing, make sure if there's any questions there that we get them answered for you during the course of the 12 weeks and we get to keep a close eye on how you're going with your journey.

Finally, I just want to introduce you to a few agreements to make the journey work well together. The first of those is that you are responsible for your thoughts. So, what do I mean by that? I mean that whatever goes on in your mind is your responsibility. Now don't get me wrong. I'm going to be sitting here and saying some things and triggering some things. That's my job, right? But you're responsible for how you respond.

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If it does upset you, if things do go on for you; first thing come into the BeOne group and share with us because we can help you, OK? We can help you to have a look at what's going on and do something with it. But there's a second thing that I'd like you to do. Grab a page in your notebook and you might want to put a post-it note on it or turn the page down and write at the top of that page, 'The voices

in my head say'. Now what do I mean by that? I mean if at any time during the program I say something and you think "Oh, I can't do that because..." or "that's never going to work because..." or "oh, that makes me really angry".

If any time you hear yourself in any way having a limited thought or emotion. Jot it down on that page because come week four I believe it is, I'm going to be sharing with you how to deal with the stuff that's on that page. So, any negative thinking you come across during the journey get it down in your notebook.

The second agreement to put in place is that you will learn just as much from each other as you will from myself and your coach. When you join us in the BeOne Community, you will notice an incredibly intelligent, capable and loving group of women and their collective experience eclipses mine or a coach or any one individual. So please use them as a resource. They are going to dramatically help you on this journey.

The next thing to think about is to resist, resistance. Whatever it is that we most resist is often the thing that is just the other side of a breakthrough for us. So, if you ever notice resistance then resist it, right? Work through it, when it comes to doing your integration assignments, there will be some of them that you will be like "hell yes, I want to do that" and there'll be others that are like "hell no, I could never do that". Those two are the first ones to do. There'll be others that are just kind of like "ok OK". If you don't get the OK ones done it doesn't matter. It's those that you have the greatest positive vibe towards and the greatest negative vibe towards that are going to have the greatest impact on you when it comes to getting in touch with this power inside of you, your confidence and the next level for you.

Let me just share with you now about how change occurs because this is going to be a program to facilitate change. It's important to know that you're going to have tools, templates and challenges over the course of the next 12 weeks. But it's as much in the rest time, the downtime, your sleep when those changes that you're making at a conscious level start to bed down into the unconscious.

It's a bit like the creative process you know. You go and you work on a project for a while, you work on something for a while and it's when you walk away and you leave it, and you literally go for a walk

or change your activity go do something completely different, that the insights come. It's the same with change. So, one of the things I really want you to do is make sure you get plenty of rest during this and also make sure that you're nourishing yourself. We're going to talk more about that in our very first video.

There will be things that I will say over the course of the journey together which will cause you to think, "I know, I already know this". Those two words will cut you off from so much learning. So if you ever catch yourself thinking, 'I know', as yourself "Am I implementing this on a daily basis or is it time for me to return to some basics?" So, catch yourself on that one. The next thing I want you to do in your journal is to find another page and at the top of it write 'Could do', ok? Your 'could do' pages. Now they're not your 'to do' pages. They're not the 'I should do' pages. They're your 'could do' pages because as you're listening to audios, or you are here with the videos with me, or perhaps you're doing your integration assignments, you'll have ideas of things you could do in your business or things you could do with your team or how you should set things up at home. All sorts of ideas will come to you. I want you to capture them all in one place. They are actions that you could do. So make yourself a 'could do' page and capture them ready as they come.

Finally, it's really lovely to share this journey with a buddy, a soul sister, if you would. So, I'm not going to hook you up with someone because we've done that in the past and people get really stressed out if they don't find a great buddy and then it's all my fault. So instead what I'd like you to do is go into to the BeOne Global Community use the #seekingbuddy. And when you use that hashtag the other ladies in there will be able to search by the hashtag and you can tell a little bit about yourself, maybe where in the world you are and you can find a buddy who is also on the journey with you who might like to be your buddy for this process.

What should you do with your buddy once you've found one? Well, it's a good idea to maybe touch base once a week, be a bit of mutual accountability for each other. Talk through the journey and maybe discover a life long friend. So, if you're interested in sharing this journey deeply with somebody else, hop into the forum and find a buddy.

That's all the nuts and bolts then. So, it is time for us to get started. I'll see you for week one's lesson really soon.