

You are receiving this email from Safety Net Development Coaching because you have expressed an interest in your personal development. To ensure that you continue to receive emails from us, add [linda@safetynet4u.co.uk](mailto:linda@safetynet4u.co.uk) to your address book today. If you haven't done so already, click to [confirm](#) your interest in receiving email campaigns from us. To no longer receive our emails, click to [unsubscribe](#).



March 2007  
Issue 6

## ***\*REACH FOR THE STARS\****

Your Newsletter from Safety Net  
Development Coaching

**Dear Friend,**

### **IN THIS ISSUE**

- **Want Success? Believe Something Useful!**
- **Take a Risk-free Coaching Opportunity**
- **Quote of the Month from Billy Connolly**
- **Your 'Money Back Guarantee' Coupon**

**Welcome to Spring!**

In the 2nd of our A-Z, 'B' is for Beliefs. How does what you believe about yourself, affect your performance, your happiness and your success? Do you currently believe things which are actually stopping you from achieving? What you believe is **YOUR CHOICE**. Make it wisely. Read on to see how ....

Also this month, look out for some words of inspiration from Billy Connolly and grab the coupon at the bottom of your newsletter enabling you to quickly and easily try out the benefit of working one-to-one work with Safety Net with no risk at all. Enjoy.

## "Why, sometimes I've believed as many as six impossible things before breakfast!"

This headline is a quote from the Queen taken from *Alice Through The Looking Glass* by Lewis Carroll

*Our beliefs are our guiding principles - Make yours work FOR you*



Our beliefs strongly influence our behaviour so if you believe that you're not up to the job in hand, whether that's promotion, higher sales targets, asking someone on a date or just making decisions, you are making it far harder for yourself than it needs to be.

When you let that doubt creep in and believe that something is too hard for you or you are not good enough in some way, you will never find out whether it is true or not - because you just won't try.

In these cases, you are using generalisations about the world and your place in it. However, it pays to ask yourself how true these really are.

For example, just because you failed to get a promotion once, it does NOT have to mean that you are not good enough for promotion this time round. Similarly, because someone once put doubts in your mind about your appearance, it should not mean that your confidence in your own beauty becomes impaired. Unless of course you **choose** to believe them. **If it's not helpful to you to believe their opinion, then do not take it on board.**

In some ways this keeps us safe. For example we all believe touching a flame will burn us. However we *also* used to believe that the world was flat, that a mile couldn't be run in under 4 minutes and that mobile communication devices could only belong on the Enterprise with Captain Kirk. These were only opinions, not facts and the key is in being able to distinguish between the two.

Look around at how people behave who *already* have what you want. Not only do they *believe they can* have it, ('it' being confidence, success, money, a great relationship, happiness etc.), they also believe they *deserve* it. Do you?

You may say that their belief is based on evidence which you don't have YET. However, whilst you're playing it safe and not trying, you'll never get the evidence you need.

I've heard that one of Einstein's core beliefs was that the world is a friendly place. What would be different for you if you acted as though this were true? What new actions would you take? What would you believe you were now capable of, knowing that it is safe for you to try?

This month I'm challenging you to believe something different about the world or yourself and look for evidence to back it up. You may be surprised to see what happens. Beliefs are a bit like statistics. We can use them to prove whatever we want.

## OPPORTUNITY KNOCKS - Try personal coaching with a built-in safety guarantee

In the Coaching at Work Survey by the Chartered Institute of Management 2002, it states that "Managers are extremely positive about the benefits of coaching and agree that it helps to motivate and generates responsibility on the part of the learner. 94% believe that coaching should be available to all employees."

**For yourself, your friends and your colleagues**



**It's my job to be a people changer. Unfortunately not from frogs to princes (I'd make a fortune!) but from bad mood to good. From lost to motivated. From stuck to action driven. From a state of confusion to clarity.**

**To give you change; for the better.**

**Go to the end of this newsletter to find your MONEY BACK GUARANTEE coupon.**

**Phone or email me as soon as you've finished reading for more details or to sign up.**

**01327 352755 or [linda@safetynet4u.co.uk](mailto:linda@safetynet4u.co.uk)**

**Looking forward to hearing from you.**

## "QUOTE OF THE MONTH"

**Billy Connolly**  
**b.1942 Scottish**  
**Comedian**

**"I knew I was going to be a comedian when I was about six. You get what you believe you'll get."**



**If you don't believe in your own potential, how can you expect others to? Going for a job interview? You have to believe that you are indeed a great candidate.**

**Making a speech? You need to believe that the people listening really want to hear what you have to say and that you can cope perfectly well with public speaking.**

**When you can behave as though what you want is *already* a reality, and combine this with a real desire for the outcome, it's a massive step towards success.**

**It certainly helped Billy Connolly and he had some pretty big obstacles to overcome.**

I've had a great boost myself this month from corporate people changers Unlimited Potential. You can check them out at [www.unlimitedpotential.co.uk](http://www.unlimitedpotential.co.uk)

## See you in April

**....And for the next 4 weeks, believe something new, which is going to be more helpful to you and will allow you to grow. Email me if you need any help with putting this into practice.**



**Best wishes**  
**From Linda**

***PS. STOP!***  
***Before you go,***  
***remember to scroll***

***down just a touch further to get your special coupon.***

***Even if you can't use it now, someone you know may want it.***

**Contact Information - go on,  
get in touch!**

email: [linda@safetynet4u.co.uk](mailto:linda@safetynet4u.co.uk)

phone: 01327 352755 / 08456 444  
634

web:

<http://www.coachingistheanswer.com>

**Join our mailing  
list!**

 

**One Full  
Telephone  
Coaching  
session with  
complete Money  
Back Guarantee**

**NEW FOR SPRING**

**One complete trial  
session for only £50. If  
you tell me you have not  
benefited from it in any  
way, I promise to  
REFUND YOUR MONEY  
IN FULL.**

**You have NOTHING TO  
LOSE whatsoever.**

**Tell your friends, family  
and colleagues.**

**This offer can be taken  
up by as many people as  
you like as long as each  
individual has one  
special offer session  
only.**

**Please forward or copy  
this newsletter to allow  
others to use your  
coupon too.**

**Offer Expires: This offer is ongoing. BOOK TODAY WHILST YOU REMEMBER**

[Forward this email to a friend or colleague](#)

✉ **SafeUnsubscribe®**

This email was sent to [contactlinda@talktalk.net](mailto:contactlinda@talktalk.net), by [linda@safetynet4u.co.uk](mailto:linda@safetynet4u.co.uk)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Safety Net Development Coaching | Towcester | Northamptonshire | NN12 6JT | United Kingdom