



Carers Connect Event 26 November 2020

Let's Talk About a Value of Reaching Out to Others - Transformational Life Coach Session

1.

No matter what life brings, you'll never forget Bob Carley's TED Talk: "You're lovely, you're lovable, you're loved "

Robert is a trainer and motivational speaker by trade. He's largely involved in Irish Mental Health organisations big and small. He regularly runs wellness workshops with Suicide or Survive, and runs his own organisation The Right Mind. He speaks from personal experience about the value of reaching out to someone who is feeling despondent with the simple phrase - You're lovely, you're lovable, you're loved.

Watch it here: <https://www.youtube.com/watch?v=sWA7QWehxhA>

2. Exercise

- Let's bring our awareness into a language we use, not only when speaking to others, but also when speaking to ourselves.
- What are the negative statements that we are telling ourselves? (*e.g. I am not good enough; people are terrible, the world is a dangerous place*).
- Is having this belief helpful or less helpful in life?
- Where does it come from? Whose voice is it? (*e.g. your parent, society, a critical boss?*)
- Think or write down 3 good things you know about yourself that you know are true.
- Can you try and upgrade the statements you are telling yourself from dis-empowering to empowering statements about you?
- If you could choose, what belief would be more useful to you?
- How would things change if you lived your life with this new statement?

Remember: "You are loved, loveable and lovely"