

#thiscanhappen2020

THIS CAN



HAPPEN.

**PLAGUED BY WORRY AND
NEGATIVE THINKING?**

**HOW TO DEAL WITH YOUR INNER
CRITICS AND FIND YOUR INNER
CHAMPIONS**

EMPOWERING WORKPLACE
MENTAL HEALTH

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With thanks

Our Partners



ALLEN & OVERY



Our Friends



Bloomberg



General
Dental
Council



MERCK



OLIVER WYMAN

TESCO



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Introduction to Tracy Forsyth

ENLIGHTEN, EMPOWER, ENHANCE
LIVES & BUSINESSES

Executive & Leadership Coach (CPCC)
Channel 4 Creative Mentor, Indie Growth Fund
Women in Film & TV Mentoring Scheme Producer
Creator & Host, Yoga in the Boardroom
Wellbeing Columnist, TBI Magazine

walterwootze.com



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What is an Inner Critic?



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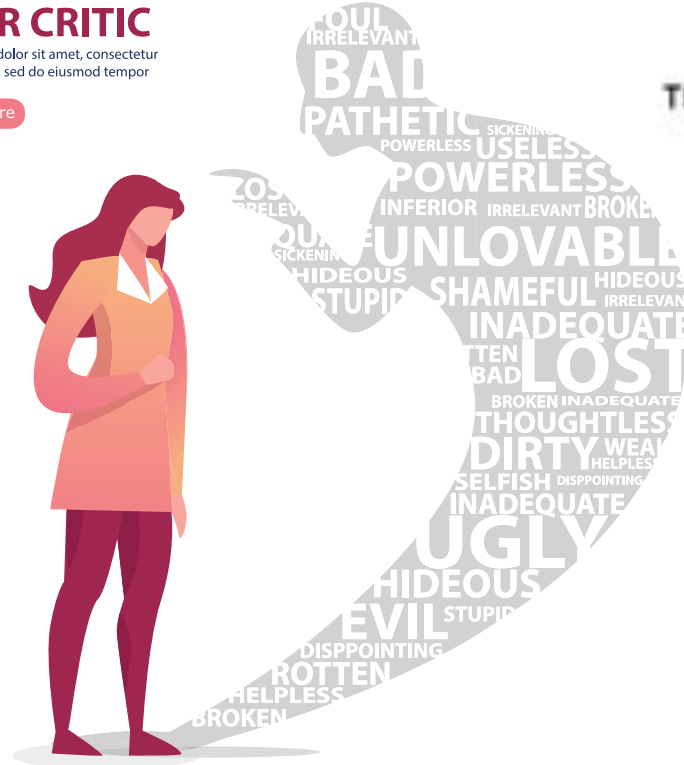
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INNER CRITIC

Lorem ipsum dolor sit amet, consectetur
adipiscing elit, sed do eiusmod tempor

[Learn more](#)

WHAT DO YOURS SAY?



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THE WELL- MEANING ONES



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"Son, there's a world out there ripe for the taking.
You better stay home with me."

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**PATIENCE
COMPASSION
UNDERSTANDING
BE FIRM!**

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THE NASTY ONES



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IDENTIFY THEM

GIVE THEM A NAME

PICTURE THEM AS A
PERSON

WHAT IS THEIR
PERSONALITY?

WHAT IS THEIR
BACKSTORY?

WHEN DO THEY SHOW UP?

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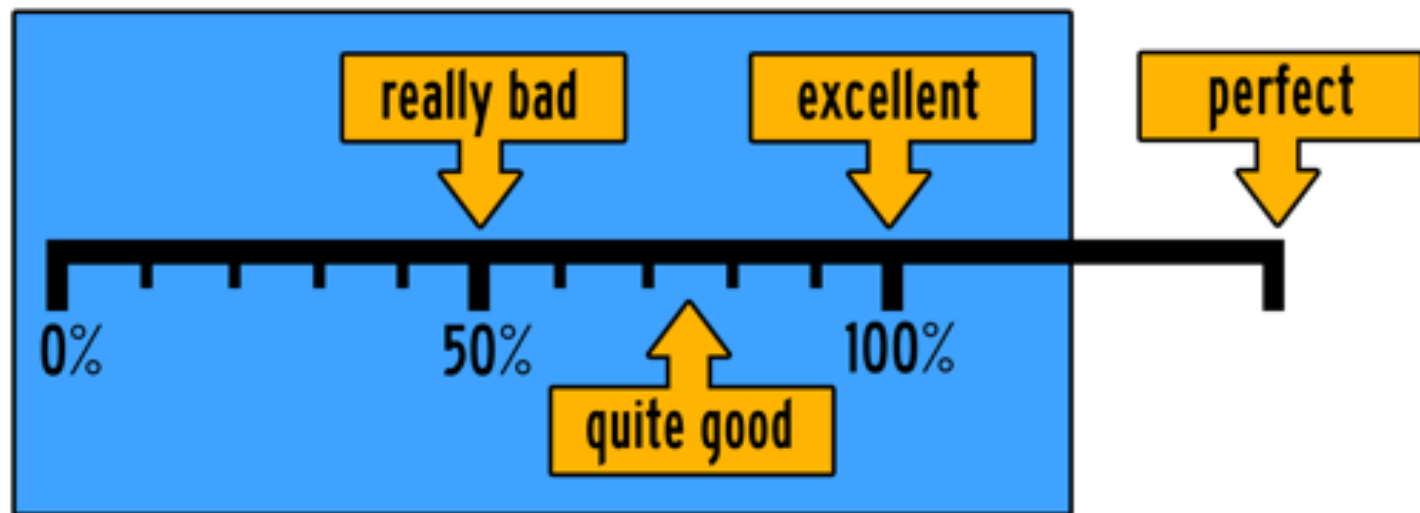
WHAT IS THE VALUE THEY REPRESENT?



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The perfectionist scale

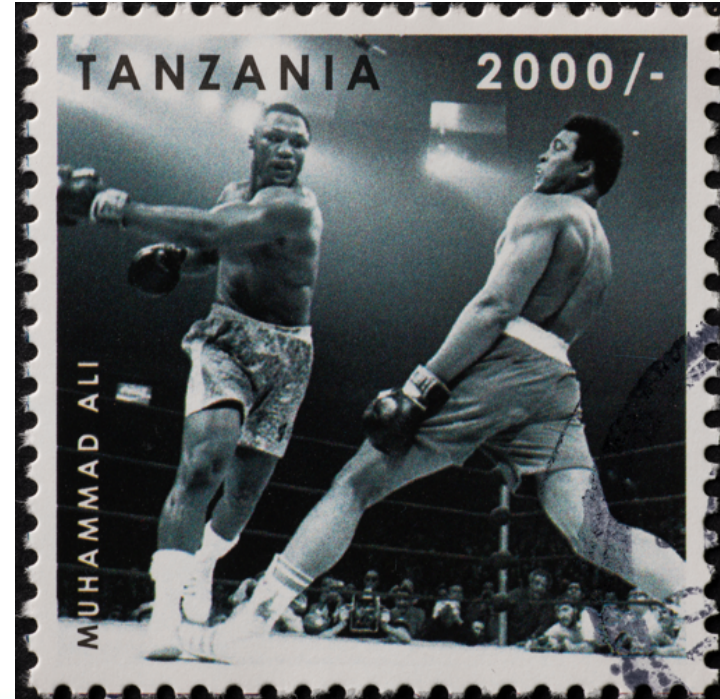




TRACY'S INNER CHAMPIONS

Values:

Tenacity
Originality
Charisma
Integrity
Courage
Determination
Style
Diverse



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IDENTIFY **YOUR** POTENTIAL INNER CHAMPIONS

Who do you admire?

Why?

What values do they exhibit?

How do these show up in your life?

How could they show up more?

What would your inner champion say to you?

What would they do if they met your inner critics?

WHO?

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CREATE
YOUR OWN
CREW OF
INNER
CHAMPIONS
AND CALL
UPON THEM



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**I am the greatest.
I said that even
before I knew I
was.**

Mohammed Ali

THANK YOU!