



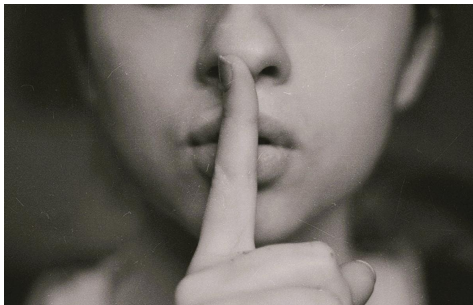
THE BRAVEST PATH

Welcome to the latest newsletter from The Bravest Path

A courage building consultancy focused on smart risk-taking and brave leadership.

In this issue:

How to quieten the voices in your head



Do you ever hear voices in your head?

Voices that tell you,

"You aren't good enough,"

"You'll never make that goal,"

"You don't deserve to get that promotion?"

You're not alone. Hundreds of our participants confirm that we ALL hear these voices, and they tend to be at their loudest when we are doing something out of our comfort zone, like taking on a new role, trying something new for the first time, or having a brave conversation.

This voice, our inner critic or saboteurs role is to keep us safe, but what it tells us is rarely accurate!

It's an overactive health and safety department designed to stop us from taking risks, even when they are smart.

So how do we get rid of or quieten these voices?

Well firstly even noticing the voice is a great start. Knowing that it's there, it's not you, it is just a voice, is a key aspect. Once we are aware of the voice the power it has over us lessens.

We can't entirely rid ourselves of this voice but we can quieten it. Another strategy to do is to write down what it says. What story is it making up? Once we see it on

paper it can often seem less real in the black and white of print.

The most useful approach however, it is turn up the volume on our inner mentor, the voice inside of us that is always supportive, and our inner source of wisdom. Just like our inner critic or saboteur, its always there, but we need to pause and take time to access it. It is a little more hidden but equally as powerful.

How do I access my inner mentor?

Being aware that there is a part of you that holds this wisdom is the first step. We can access it through writing - what would my inner mentor say to me about this? Being in nature, pausing, mindfulness are all ways to increase the likelihood of us staying in this state. The inner critic thrives on busyness because we aren't taking the time to get curious and challenge its voice.

Join our free webinar on the 8th December to learn more strategies about how to quieten your inner critic and experience an easy way to access your inner mentor. In an hour you'll learn simple strategies that are game changing to help you take more smart risks.

JOIN US TODAY - LIMITED PLACES - SIGN UP NOW

Feedback from previous programme participants:

100%
felt like they could now live by their own values.

100%
felt more self-aware as a leader.

93%
felt more confident to make braver decisions and take smarter risks within their organisation.

93%
felt more confident to be their authentic selves at work.

100%
felt more confident to have a braver conversation with their peers/ managers and colleagues.

APPLICATIONS NOW OPEN FOR OUR WOMEN IN LEADERSHIP PROGRAMME




Email forwarded to you by a friend?

JOIN THE BRAVEST PATH COMMUNITY



Looking for previous newsletter editions?

BROWSE NEWSLETTER ARCHIVE

 Share This Email

 Share This Email

The Bravest Path - A courage building consultancy focused on smart risk-taking and brave leadership. Through research and real life we cultivate emotional intelligence and cultures of psychological safety, resulting in happier and higher performing individuals and organisations.

[Visit our website](#) to learn more about us and our programmes.

Connect with us online:



The Bravest Path | Ashbourne House, Old Portsmouth Road, Artington, Guildford, SURREY GU3 1LR United Kingdom

[Unsubscribe gareth@thebravestpath.com](mailto:unsubscribe.gareth@thebravestpath.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by bethan@thebravestpath.com powered by



Try email marketing for free today!