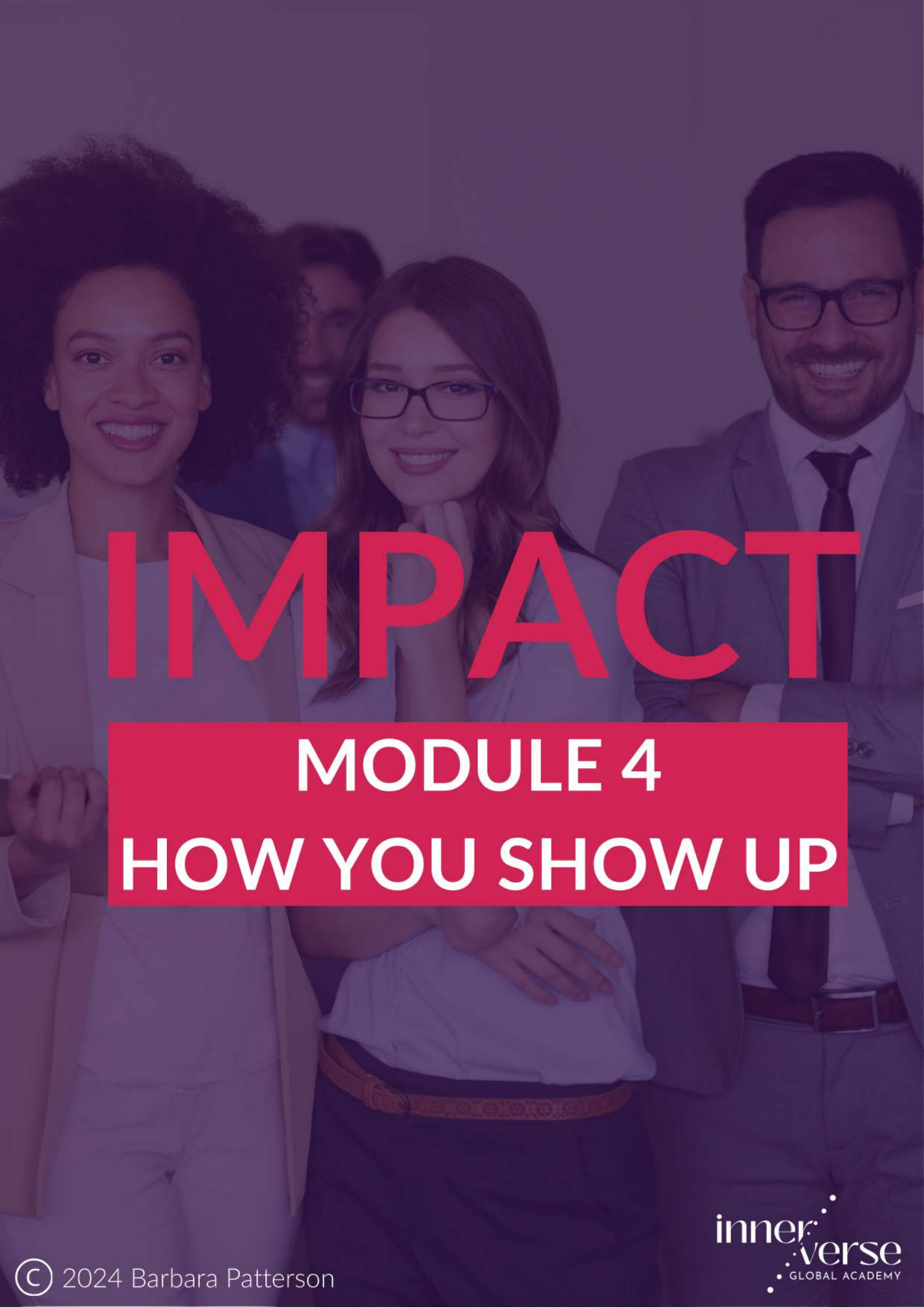


IMPACT

MODULE 4
HOW YOU SHOW UP

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innerverse GLOBAL ACADEMY

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OVERVIEW

Welcome to Module 4 of IMPACT

MODULE 4: How do you show up in your business?

What informs your choices?

Module 4 focuses on what I consider to be your competitive advantage. What is that? It's YOU! As you are! Your unique voice, your path, and what is alive in you.

In business, focusing our energy on strategies, marketing, and formulas for success is common. When we consider how we build our business, make money, or where we focus our time and creativity, we often look at what's worked for others and try to emulate it.

We look at our craft, and in our desire to be good, we orient ourselves to how others do it or what others say.

In these videos, we explore what I believe is the greatest source of impact and fulfillment: our ability to align with our heart's desire and wisdom, to go beyond conditioning, self-doubt, and second-guessing, and to discover and TRUST OUR WAY.

The second section includes shifts that have been instrumental for me as a business owner.



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HOW YOU SHOW UP

YOUR UNIQUE VOICE & PATH

- ### What Is It & Why It Matters

When we allow ourselves to bring all of who we are to our work with others it has the potential to create profound spaces of honest, human connections. Your history, your quirks, your phrasing, your preferences, the way YOU SEE things comes together to serve you, your work and your clients.

- ### Let Go of the Rules

You might be surprised to discover that all the "good ideas" we have about being a good coach or consultant could be limiting us from our greatest work. Where are you letting rules determine how you should be or what you can and can't do? What's possible when you let those go? What would you try, do or say if you gave yourself permission?

- ### What Wakes People Up?

Good news - it's not all on us or our personality or the right words. We don't have to worry about getting it right. There is something much larger than us at play - supporting us and our clients. We create the space, explore, listen with openness, and let the deeper wisdom guide us. The client's innate wisdom and deeper nature does the work for them.

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HOW YOU SHOW UP

YOUR UNIQUE VOICE & PATH

- **Logic & Intuition**

We are amazing beings. We have an intellect and a deeper intuitive wisdom that come together to serve our work and lives. Being able to distinguish between the two helps our work. It allows us to see if we're circling old thoughts and ideas or stepping into fresh thinking.

YOU AS BUSINESS OWNER

- **Being a Business Owner**

It may sound obvious, but many of the solopreneurs I work with don't really consider this aspect of their work. Yet, when we embody this, it leads to ideas and practices that support the long-term health and vitality of our businesses.

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HOW YOU SHOW UP

YOUR UNIQUE VOICE & PATH

- **Do It Your Way**

Don't underestimate what brings you joy, what excites you, and where you want to play. Discover and allow what's possible in your work when you give yourself permission to do YOUR BUSINESS YOUR WAY versus the right way or what's worked for others. Finding momentum in our work is connected to the energy and alignment we bring.

- **Engagement & Momentum**

Where are you potentially holding yourself back because you're still trying to figure it out or work out all the variables before you take action? Where are you waiting for more clarity or reassurance? Momentum grows via action. Wisdom arrives in real-time along the way. Listen for the nudge and follow it. Learn what you're meant to learn as you engage.

- **Consistency**

What does consistency have to do with anything? When we learn to stay the course and create consistent practices in our business, we build strong foundations. When we embody this, it leads to ideas and practices that support the long-term health and vitality of our businesses.

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MODULE 4

PROMPTS & STARTERS

- **What is Alive In You?**

  Take time to journal what feels alive in you? Where would you like to explore more in your business? If you weren't worried about it failing, what would you do?

- **Good Ideas vs The Nudge**

  Go beyond all the good ideas you have about you and your business and what you should do or even what you THINK you want to do. Listen deeply, give space. What is the nudge beneath all that? Where are you being drawn? What is the next move?

- **Engage**

  What is one area that you might be overthinking or trying to control the variables? What is one small thing you can do to engage? Where could you go all in?

- **Consistency**

  Where would more consistency support you the most? Is there an area where focus and attention would serve the health or expansion of your client work or business?

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