

COLINCU

CONNECTING THE LINKS FOR YOU

ISSUE 22

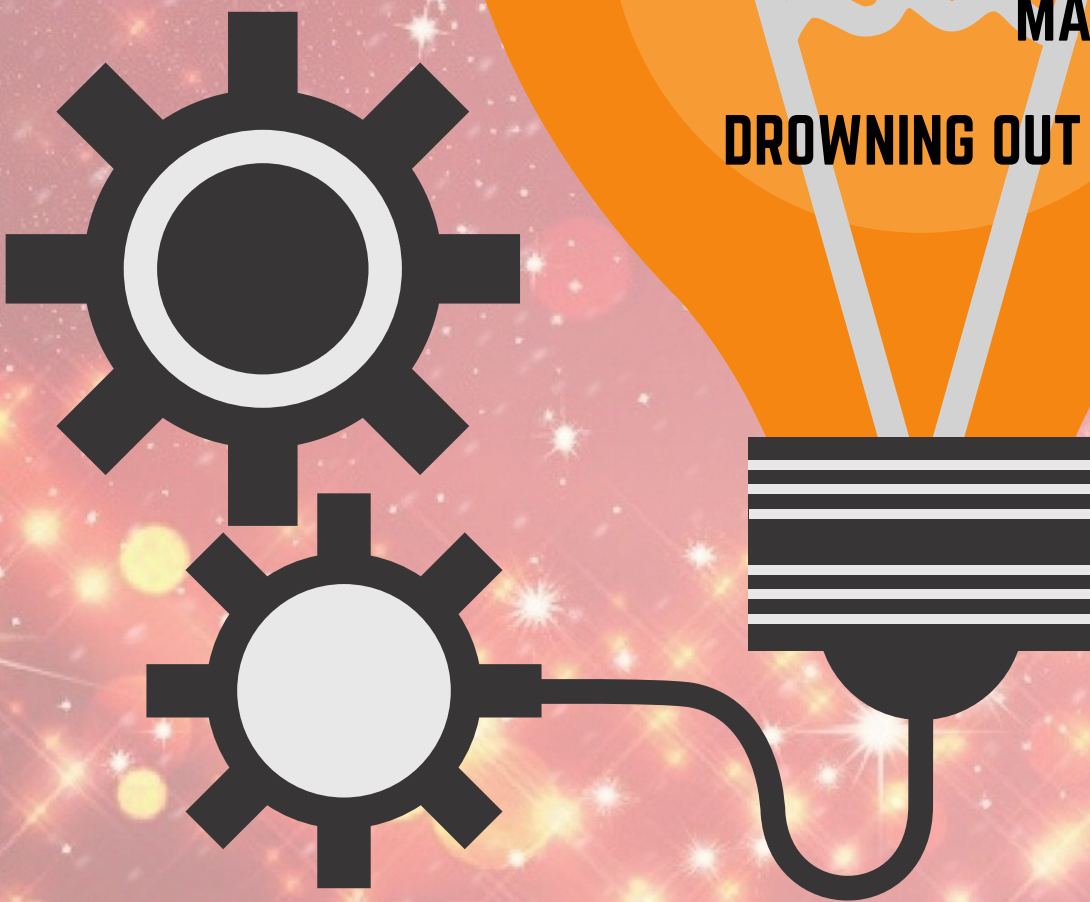
NOVEMBER 2024

Reinventing you

TIPS TO HELP YOU REINVENT YOURSELF

WHAT CAN WE LEARN FROM
MARTHA STEWART?

DROWNING OUT THE NAYSAYERS



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WELCOME!

Welcome to COLINCU! A zine that aims to inspire, educate, provoke thought and encourage you to celebrate and be your true self.

For those who don't know me, I am the author of "The Twists and Turns of a Traveller; Life Lessons, Adventures and Everything in Between" and your Cornish Kiwi Coach who empowers people to overcome obstacles that are impacting them to live a fulfilled life.

I care about the world we live in and the people within it and believe when people love their lives, they put their best foot forward and this positive energy radiates around them which rubs off onto others.

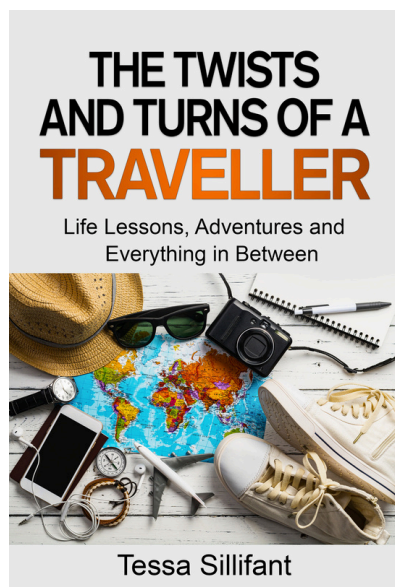
I am armed with life experience and have a Bachelor's degree in Applied Science (Psychology), a Master's degree in Teaching (Primary) and a Diploma in Professional Coaching.

Over the years I have worked in a number of different roles, from organising professional development events and activities to providing pastoral care through mentoring and coaching. I've also collaborated with key stakeholders to develop a wellbeing strategy for students at the University of Auckland. This sought to get to the heart of the cause of what was causing unnecessary stress. More recently I've been supporting the University of Canterbury with projects relating to the Pastoral Care Code and student wellbeing. This has included finding opportunities to further support student wellbeing and safety, making recommendations and developing policy, guidelines and advocacy documents to support this.

A lover of travel and life, and a firm believer in the word being a powerful tool - I hope you enjoy what COLINCU has to offer!

If you have feedback, an article, product or story you'd like to share then please get in touch! I'd love to hear from you and celebrate and share what you are up to!

If you'd like to be kept up to date with new issues when they are released - you can 'Join the club' at the bottom of the page in the link here: [subscribe for free here](#)



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WHAT CAN WE LEARN FROM MARTHA STEWART?



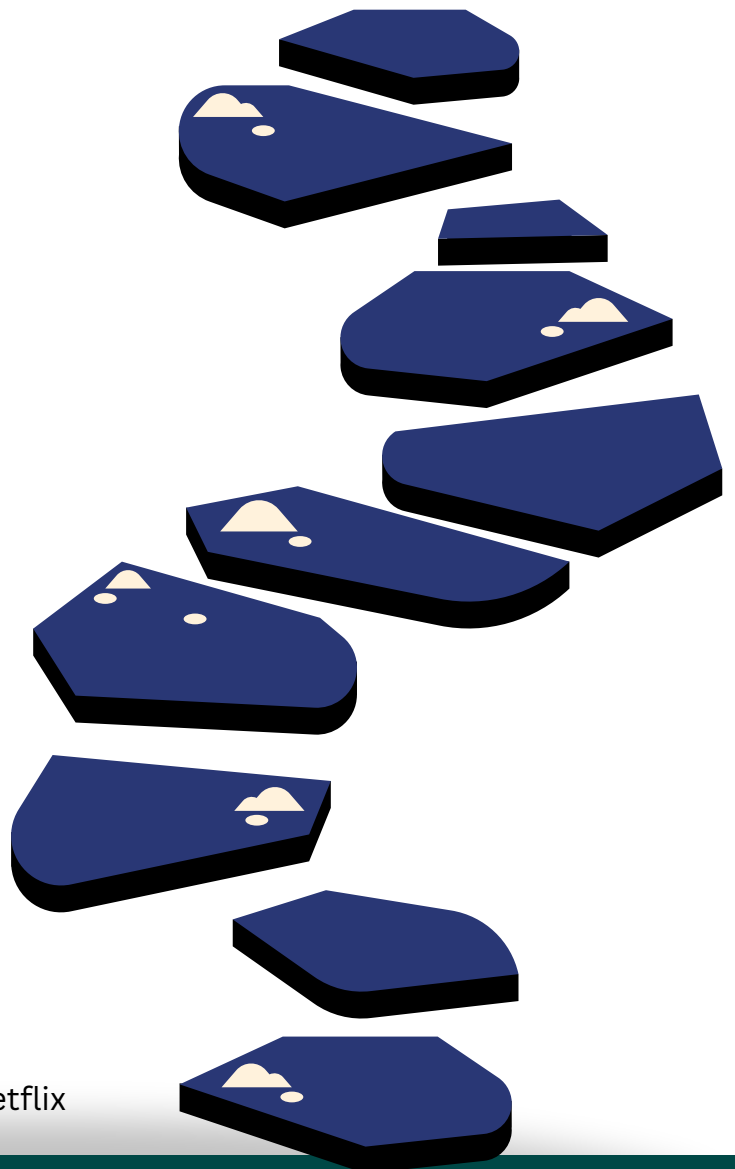
I recently watched the Netflix documentary on Martha Stewart and wow, what an incredible woman! The documentary recognises Martha as the queen of reinvention due to the remarkable way she navigated life. She went from being seen as the 'perfect' woman with the perfect lifestyle having her own cooking and lifestyle brand and selling products at K-mart, to spending time in jail. She then returned to the limelight continuing on in her path as a successful entrepreneur.

Reflecting on what we've seen of Martha's life, what can we learn?

1 It's okay to follow your own path

Martha's business was branded on her being seen as the 'perfect' woman, which was compromised the moment she went to prison. Yet Martha had a clear vision of what she wanted and a strong sense of self. She learnt to hold her head up high regardless of her situation, and she rose above challenges and setbacks which enabled her to carve out her own path.

Cutler, R. J. (Director). (2024). Martha [Film]. Netflix



WHAT CAN WE LEARN FROM MARTHA STEWART?



2

You're never too old to do something new!

Martha was 81 years old when she featured on the front page of a swimwear magazine. Breaking through norms, stereotypes, and holding a record for being the oldest person wearing a swimming costume on the front cover of a magazine, Martha put trust in the magazine to feature her positively. She embraced the opportunity to be featured, and showed us that you're never too old to put yourself outside of your comfort zone and try something new. Here's to having body confidence and loving the skin we're in!



Strong women aren't always portrayed positively

3

Martha is a self-made billionaire, she was the only woman at the company she worked for on Wall Street, she knows what she wants and she doesn't compromise. She has style, she is direct, she puts trust in the situations she finds herself in, and uses those experiences to her advantage. Martha knows what is important to her, and rightly or wrongly, goes out and gets it. Martha has been criticized over the years which can happen to strong women when they go against the stereotypical norms expected from them. Love her or hate her, Martha's made a massive impact on society, shown us how we can embrace feminism and still be amazing in the kitchen, and how it's possible to bounce back from your darkest moments and be successful. Thank you Martha for being a trailblazing role model, showing us the endless capabilities of a strong woman!

Cutler, R. J. (Director). (2024). Martha [Film]. Netflix



REINVENTING YOURSELF

Reinventing yourself is like giving yourself an upgrade.
You may want to revamp your style, upskill your knowledge and experience, or put in place healthy habits.

You may be fuelled to do this because of a relationship break-up, a job loss, or a challenging situation that you don't want to find yourself in again.

Whatever your goal or reason for it, the next few pages shares a snapshot of how you can look at ways to reinvent yourself.



TIPS TO HELP YOU REINVENT YOURSELF

STAY TRUE TO YOU
Sometimes we can be swayed by what others want for us, but think about what it is you want and what you can do to improve and move forward.

DO A LIFE AUDIT
You can look at areas such as career, health, habits, relationships, home, lifestyle and style, and evaluate what is working and what isn't.

THINK ABOUT WHO YOU ARE AND WHAT YOU WANT TO BE REMEMBERED FOR.

LIVE IN LINE WITH YOUR VALUES
Understand what your values are and what's important to you and look at ways you can make sure your life is aligned with them.

THINK ABOUT WHO YOU CAN LEARN FROM.
Do some research, get books out the library, think about your role-models and people who have already done what it is you want to achieve.

QUESTIONS TO ASK YOURSELF

There are a number of different areas you could focus on.

Here are some questions to ask yourself relating to career, health, habits and style.



IS WORK TAKING YOU TO WHERE YOU WANT TO BE?

Gone are the days when a job was for life. If you're looking to ramp up your career, what skills and experience do you need to gain, to get where you want to be? Where are the gaps in your CV? Can you gain additional knowledge and experience on the job, through voluntary work, a side hustle or investing in some study? What steps can you take to get there.



HEALTH

WHAT HEALTHY HABITS CAN YOU PUT IN PLACE?

Do you want to drink more water, be more active, get better sleep, avoid junk food, or something else? Have a think about what steps you can take to make it a habit. Can you walk instead of drive? Replace every second drink with water? Make desserts rather than buy them (so you know exactly what you're eating!). Have a think about what you'd like to improve on, start small, be consistent, and celebrate the wins!



ARE YOU GETTING IN YOUR OWN WAY?

Do you self-sabotage when things start to go well? Do you lack motivation or confidence or are you really hard on yourself? Are there areas of your life you can improve on by trying to break free from the habit?

Be honest with yourself and then look at ways to try and overcome them. Ask a friend for help if you need to!



ARE YOU BORED OF YOUR LOOK?

If you're ready for a style make-over, then do some research and think about what makes you smile. Look for clothes that fit you well, are comfortable, and make you feel good. Think about the way the fabric feels, the way you can move in it, and the colours that bring out the best in you! If you feel good in what you wear, you'll radiate confidence and will feel like a new person!

DROWNING OUT THE NAYSAYERS



Sometimes, the things that excite us, can bring negativity from others. When you're looking to improve your life in some way, you may come across people who are against your goal or plan and won't hold back from telling you! Their opinion may be valid, or based on their experience, which may or may not be useful to you. Or, you may find that others are negative towards you, as it makes them feel inadequate that you are moving forward in some way. Whatever the reason, you may find that not everyone is supportive of you whilst you are on this journey. If you find yourself in this situation, here are some things to think about.

Choose what you take on board

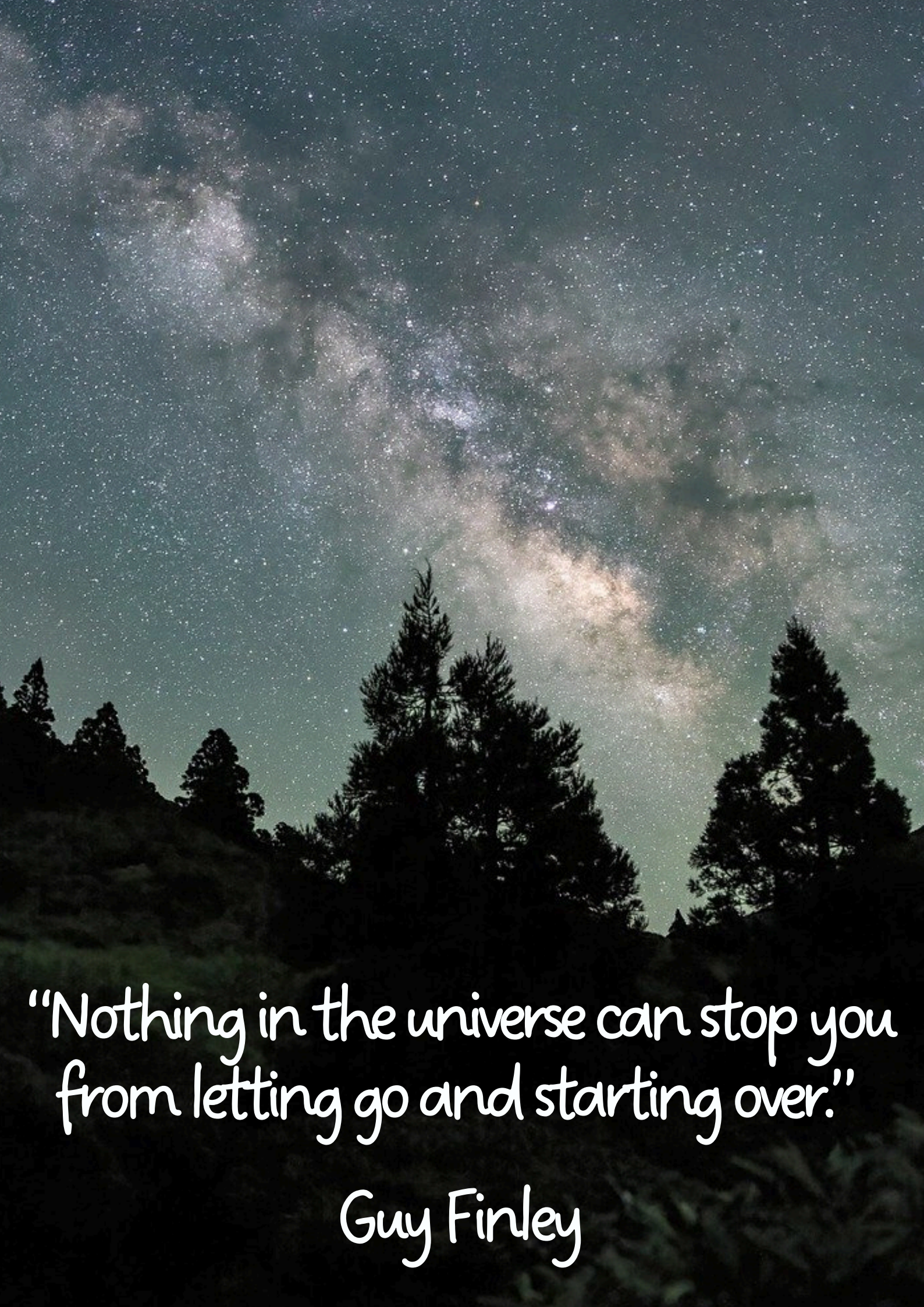
Regardless of whether you ask for it, people will always have an opinion. The trick is choosing what you listen to. Focus on information that can be helpful such as constructive feedback or alternative options that you may not have thought of. Put trust in the decisions you make, and choose what information you take on board to help you get where you want to go.

Consider how much energy you give to others

If you're going through a challenging situation, it may be time to re-evaluate how much time and energy you invest into people who aren't supportive of you. Try and be strategic by surrounding yourself with people who are cheering you on to succeed so you can grow as a person and achieve what you set out to do.

Look after yourself

Take some time to prioritize self-care, so that you are looking after yourself. Talk to friends, go for a walk, eat nourishing food and find ways to recharge and unwind. Being up against naysayers can be emotionally exhausting, so make sure you take the time to look after yourself.



"Nothing in the universe can stop you
from letting go and starting over."

Guy Finley

REFLECTION OPPORTUNITY

What do you want your life to look like?
Think about now, next year and into the future e.g. in 5 years time.

What are the things you value in life?
What is meaningful
and important to you?

**What areas of your life
are working well?**

What areas would you like to improve on?

What can you do to make improvements?

**What resources do you need
that can help you?**

What role models can you learn from?

CORNISH KIWI COACH

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