

Welcome to this issue of Passionate Living my complimentary e-zine.

## **Thank You**

Last week someone approached me at one of my events and told me how much she enjoyed the Men for Beginners e-zine. Apparently it generated a lot of conversation in her office as she forwarded it to her friends. This is how my business grows and it's the expanding numbers and different countries my e-zine goes to that makes it fun for me and my associates. So thanks for the referrals, please don't keep me a secret.

## **3 Point Plan – Get Your Relationship Back On Track**

I'm a committed member of Toastmasters International who have an unbeatable format for teaching people how to get up in front of a group and speak in such a way that is engaging and hopefully entertaining. I recently won a competition with a speech called 'Is your relationship firing on all four cylinders?' It's a mere 7 minutes long and guaranteed to make you smile. The speech includes my three point plan for getting any relationship back on track. I'm putting it up on my site free (at <http://www.thegreatsexcoach.com/stuff.htm>) for the next week, I hope you take the time to enjoy it.

## **Why Confidence Is A Big Con**

I was recently teaching one of my relationship seminars for a business down in Brighton (UK) and was reminded of an article idea I had months ago. The difference between self-confidence and self-esteem and how you can use the distinction to your advantage.

Self-esteem will improve every relationship you ever have, including the one with yourself where as self-confidence is just very hard, not very profitable work and can actually make you difficult to be around. Trying to bolster your self-confidence in relationships whether personal or professional can make us fairly brittle and reactive or just plain needy. None of which are a recipe for success.

Self confidence is like your suit, it's the outfit a super hero puts on just so everyone is absolutely clear that he's a super hero. However the suit isn't what makes Super Man super or Wonder Woman so wonderful. Without their special skills and talents they're going to look great right up to the point they have to do something heroic.

Confidence can be just like that, some one leaps up full of bluster, excitement and PERSONAL POWER then falls flat on their face the moment the challenge moves a degree outside of what they are comfortable with or anyone makes a negative comment. I like to think of confidence as some thing I throw on when I'm getting a little desperate and it generally backfires. Trying to impress means we're busy putting out, " here I am, this is how great

I am, I am so fantastic, don't you agree!!" This makes us a very hard act to live with and is largely unattractive. Personally I aim to subtly underwhelm people with my presence and I'm still really bad at it. I listened to too many personal development tapes in my formative years.

Self-esteem, however, is like your internal support structure, it's like your spine. It fills you from the inside and allows you to glow quietly because you can feel its strength. You don't need anyone else to remind you that you're a super hero in fact you don't actually need anyone to know. You just bask quietly in the knowledge that you are loving and lovable with a great dose of self-assurance. This leaves you with all the time in the world to be genuinely interested in those people around you and endlessly intrigued by the challenges that life has to offer. It's a fantastic foundation for a happy life, and your happiness is really important.

Self-confidence fills your suit with a lot of hot air and it only takes one prick to puncture it and you find yourself spiralling down into a puddle of insecurity. The problem with confidence is that you can only really get it through competence. When you've done something enough to know you are truly a master at it, then you have confidence. Let's say you're a very adept Tango dancer, supremely self confident about it, and you accidentally end up in a Salsa class. Now if all you've got is confidence through repetition of the Tango it won't be long before you're giving yourself a really hard time about being crap at Salsa. This is a really clear indication that you've been coasting on confidence and you need to switch your attention to building self-esteem.

### **Your Mission**

There's a really great way of beginning to raise your self-esteem, which I'll tell you about in the next newsletter. For now your challenge is just to observe who the people around you are with high self esteem and who are the one's that are just loudly confident. Don't try to change a thing about yourself, just observe the difference.

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