



FULL POTENTIAL
coaching and consulting

Become the Best Version of Yourself Webinar Series

Moving from “I Can’t” to “I Got This”

April 16, 2024

About – Brian Michel's Biography

- Brian Michel is a Coach & Consultant living in a suburb of Columbus, OH. His areas of focus as a Coach are executive development, life & career, and helping individuals pursue their fullest potential. As a consultant, Brian has expertise in fostering a positive workplace culture and facilitating employee development.
- Prior to becoming a Coach/Consultant, Brian was an accomplished Human Resources professional for companies like Scotts Miracle Gro, Safelite Auto Glass, Nationwide Insurance and Advanced Drainage Systems.
- Brian is happiest when he is spending time with his family including his wife DiAnna of 28 years, 4 daughters with vastly different passions, and his dog Koda. When Brian isn't spending time with family or creating solutions for his clients, he enjoys volunteering at his church in Children's Ministry, running, biking, hiking and most outdoor activities.





Anabolic Energy

Harder to access and thus requires intention

Constructive, building, healing energy

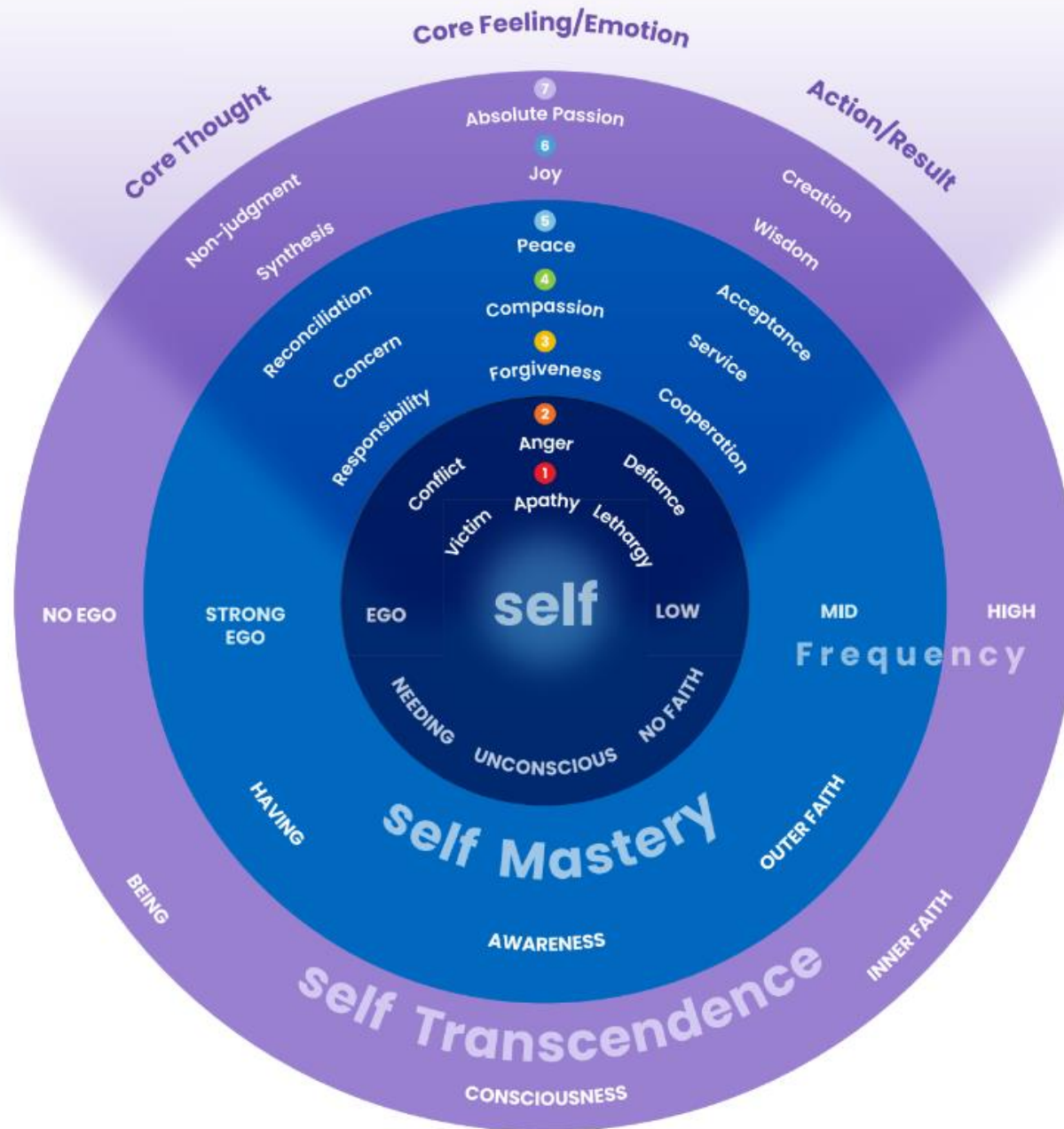
Releases anabolic hormones, such as endorphins and dopamine, which helps build the body

Catabolic Energy

Easy to access and is often present in negative reactions to life circumstances

Draining, destructive energy

Releases catabolic chemicals, such as cortisol and adrenaline, which actually eat away at our very cells



The Big Four Energy Blocks

Gremlins

The inner voice that tells you, in one way or another, that you're not good enough.

Assumptions

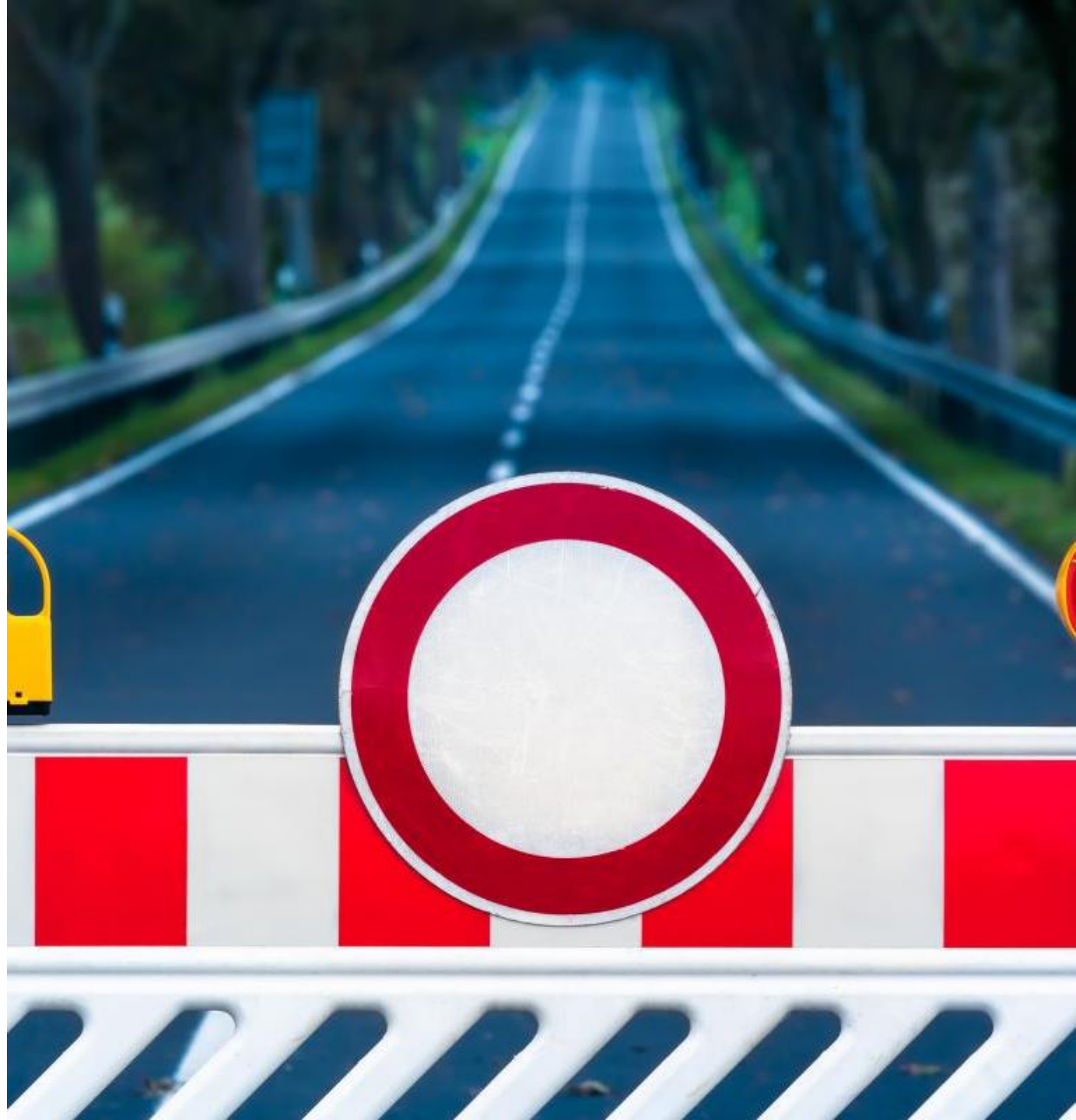
An expectation that, because something has happened in the past, it will happen again.

Interpretations

A story, opinion, or judgment that you create about an event, situation, person, or experience and believe to be true.

Limiting Beliefs

A generalization, stereotype, or idea that you learned and accepted about yourself, about the world, or about other people that limits you in some way.



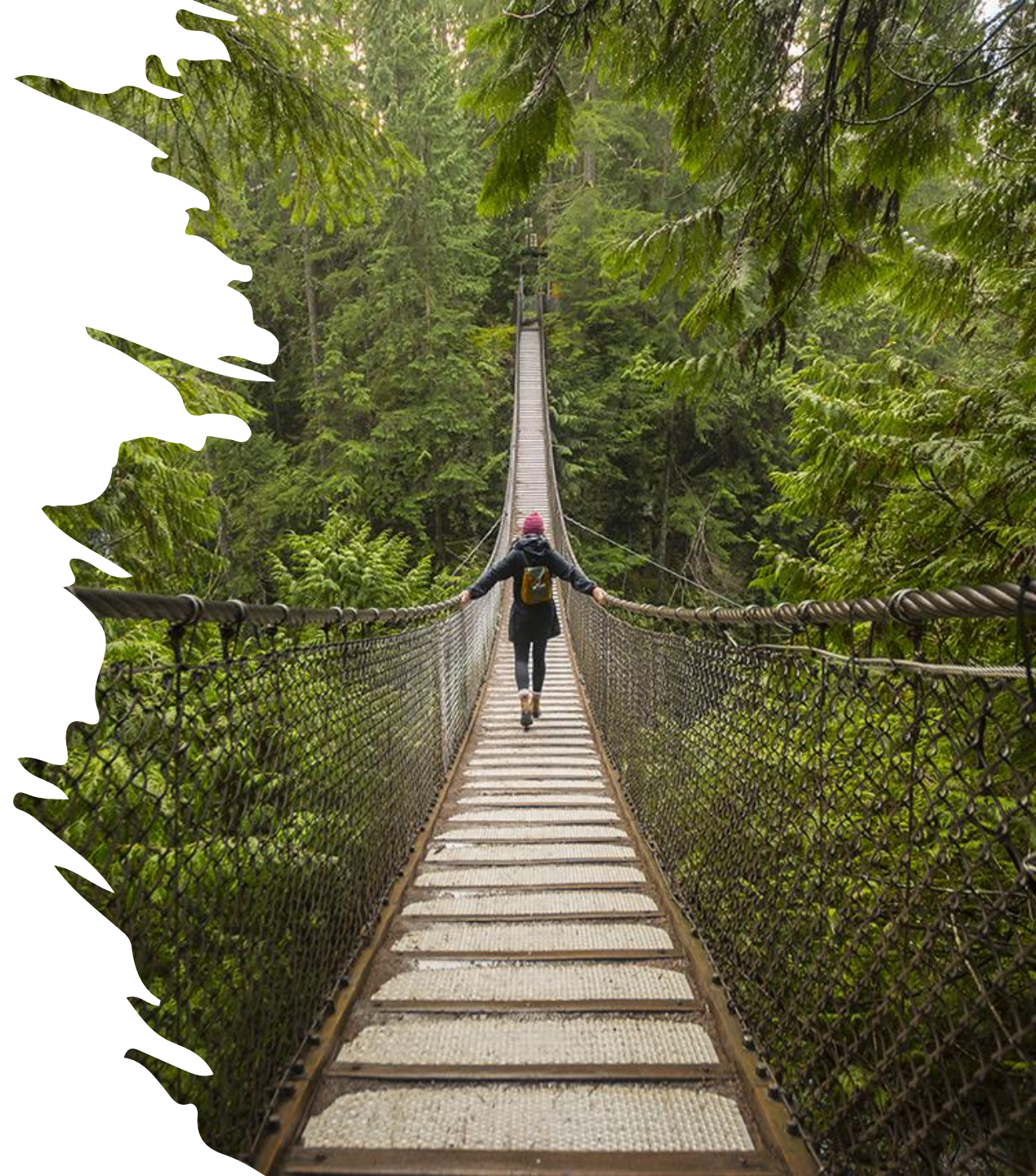
Overcoming GAILs is a journey...

Step 1: Identify the block

- Take note of thoughts that are coming up – are you using “I can’t” or “I can”
- What are your feelings?
 - Aggravated, frustrated, resentful of others, depressed, isolated, or lonely
 - Happy, fulfilled, caring, supportive, peace, involved, or compassionate

Step 2: Recognize that it is just a belief

- Pause and tell yourself “this is a belief”



Overcoming GAILs is a journey...

Step 3: Challenge your own belief... "what makes it true for me?"

- Seek evidence that contradicts it

Step 4: Recognize the potentially damaging consequences

- "If I continue to believe this, what are the negative consequences?"

Step 5: Adopt a new belief

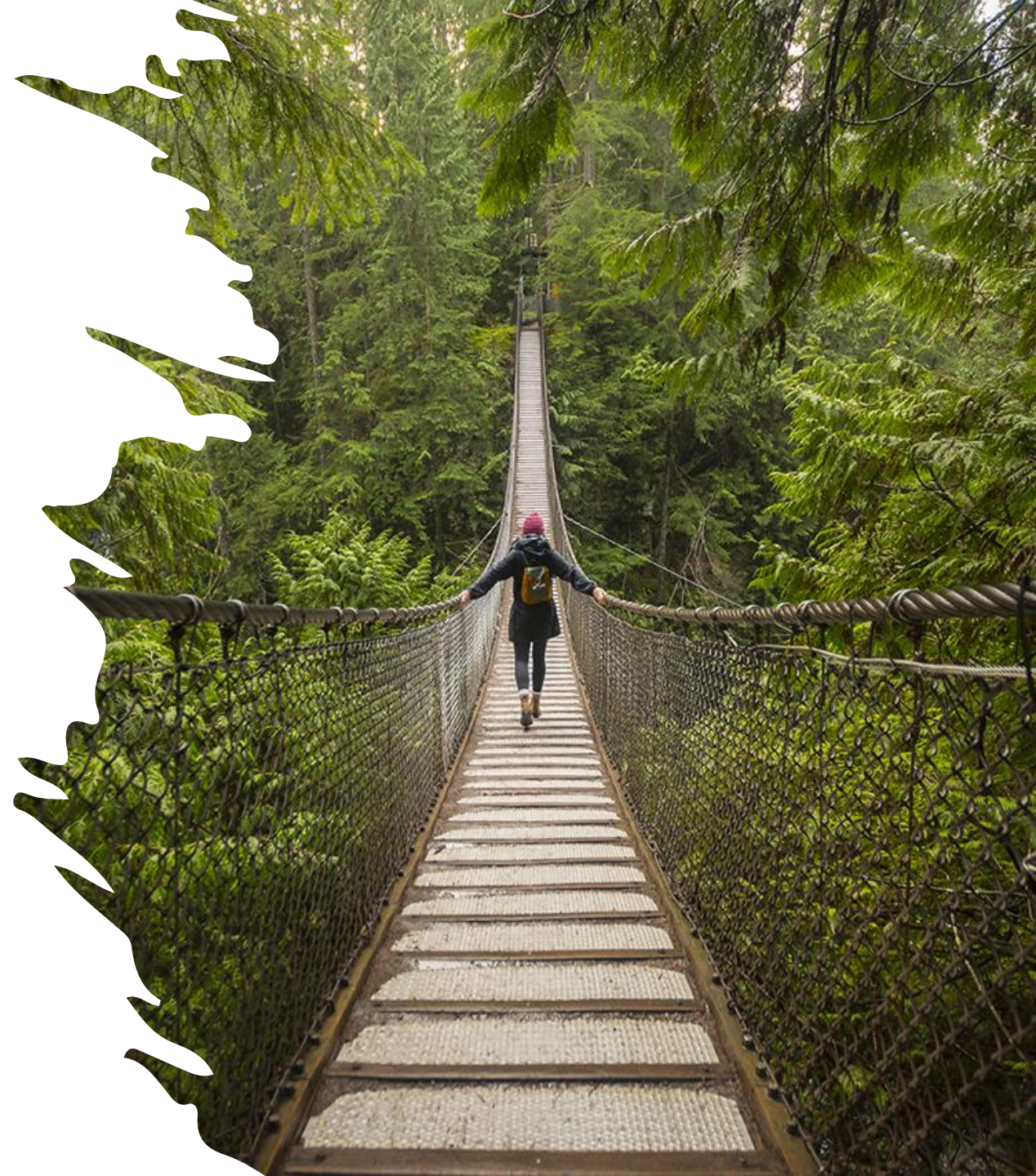
- Reframe...how could I look at this differently?
- What are the positive outcomes if I change the way I feel/approach the situation?
- What would I need to do to accomplish or take action against the new belief?



Overcoming GAILs is a journey...

Step 6: Put it into practice

- Write out an action plan; include what, when, how, who
- Create accountability partners
- Confide in a friend or mentor
- Take Action
- CELEBRATE SMALL WINS
- Be kind to yourself during the process and embrace imperfections as part of growth
- Regularly reflect and adjust goals as necessary or appropriate





Q&A

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