



Ask Rebecca™!

By Rebecca Hall Gruyter, Founder/Owner of Your Purpose Driven Practice

This powerful column provides you with an opportunity to ASK REBECCA™ those business questions, money questions, leadership, speaker, personal growth, and empowerment questions you have. Rebecca wants to help you overcome fear and bring your message forward. In each issue, Rebecca will select 1 to 3 questions to answer.

You went from being “visibility shy” to becoming visible in a big way. What are your top three ways to make this shift?

~Cynthia Stott, International Speaker Mentor

Dear Cynthia,

Thank you so much for your question. I believe the top three ways to make this shift are: 1. Be willing to be seen. Say “yes” to being seen. We need to have a willingness to be seen on the same level that we have to serve. Many of us are very quick to jump in and serve and help, but shy around being seen and truly letting people in. However, it is critical to be willing to be seen, letting others know who we are and how we can serve. We have to stop being the best-kept secret,

and step out into center stage and serve. 2. Discover how to dance with fear. Fear is an emotion and an indicator that you are stepping into a new space in a new way, and your body isn't sure if it's safe yet. So frequently you will experience fear as it tries to protect you in the new arena. In truth, generally you are not in danger, so be willing to step forward in a new way that you haven't before; which can cause discomfort, simply because it is not familiar. So, be willing to experience some discomfort as you move and adjust to a new level of visibility. 3. Remember your why and be authentically you. Your “why” is the reason you are stepping forward into visibility - to serve more people will encourage and spur you on. Being authentically you, perfect in your imperfections, is absolutely needed and desired in the world. No one else can take your place or serve in exactly the same way. I like to always remind my clients and colleagues: “It's about connection, not perfection.” So, be willing to say yes, be seen, move with and through fear and authentically share the gift of you. Cynthia, keep shining your beautiful light!

How do I increase my visibility?

~Karen Broderick, Consultant with Mary Kay

Dear Karen,

Thank you for your question and desire to be seen on a greater level. The short answer to this is to have a plan, get support, and be consistent in how you implement the plan. It is critical to have a plan around visibility so that we make sure to do the activities needed to help ourselves be seen. Just like we have business plans, goals, and activities we do, we can do the same thing around visibility. We typically aren't looking for visibility for visibility sake, but usually there is a reason and purpose for us wanting to be more visible. So, work with a coach/mentor to develop a plan to help you strategically build your visibility while accomplishing the goals for what you hope increased visibility will bring to you, your message, and your business. I like to remind you and everyone reading this that life is not a solo journey. We need coaches, mentors, community and friends on the journey, especially as we are stepping into a higher level of visibility. Consistency is key. We need to make sure on a consistent basis that we are doing the things we need to do to increase our visibility and respond to the increased activity and interaction increasing our visibility can bring. We need to make sure we are consistent in how we are showing up in the world. Not being visible, then not responding or hiding, only to get ready to be visible again - you need to be all in, willing to be seen, consistent, and responsive as you are growing your sphere of influence. Karen, I look forward to seeing you stepping out further and further into your visibility.

How do I find your TV Channel, Empowered ConnectionsTV™?

~Lorri Lockyer, Nutritional Biochemist

Dear Lorri,

Thank you for asking. I'm always happy to share where to find my TV channel. 😊 But first, I wanted to share quickly what one can expect on this channel. We are broadcasting uplifting and transformational programming to the world. We are looking to impact the international market in a positive way; heart by heart, TV Show Host by TV Show Host, and weekly show by weekly show. This powerful channel on the internet can be found at: www.EmpoweredConnectionsTV.com. I hope you will enjoy the channel, Lorri!

We hope you have enjoyed ASK REBECCA™ and if you would like to submit your questions to Rebecca, please email her at Rebecca@YourPurposeDrivenPractice.com. In the email, indicate if you are okay with her using your name and business with the questions or if you prefer to have it submitted anonymously. To learn more about Rebecca, go to www.YourPurposeDrivenPractice.com

