



Episode 20 : **What If I'm Judged When I speak Up**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona takes us from her past experiences of hiding herself away, fearing to be seen and judged for being different to the place of willingness to not be perfect, not censor herself and to allow in other's judgment when she speaks up, using the tools of Access Consciousness and Right Voice for You. She asks us: what if everybody could confidently enjoy their lives?

### **Key messages:**

- Some people won't like what we say and will judge us for that
- Sometimes we have to be willing to allow whatever comes our way, no matter how uncomfortable that is
- What if we could notice those spaces where the barriers come up and invite ourselves to put our barriers down and be the vulnerability and speak from that space we don't feel we could speak from?

## Tools and Questions

If you find you are censoring yourself, ask these questions:

Hey, will I put my barriers down?

If I am being vulnerable here, what would I say?

## Resources:

> Fiona invites you to her free Zoom call: "[Speak Up](#)" on 2nd August 2021

(free Zoom call [recordings](#))

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> [Right Voice for You](#)

> [Access Consciousness](#)®

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.