



Episode 36 : **Anger or Potency**

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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 speaks to us from Cairo, Egypt and shares with us how she moved from being uncontrollably angry and shouting inappropriately to stepping into her new level of potency and actualising the possibilities she desired.

### **Key messages:**

- When we update ourselves and become more potent, and don't step into the new space of us, our new being, when we don't claim it, don't live from that space, that potency can overflow as anger
- Asking ourselves questions about what is really going on and using the tools can help us step into that updated level of potency and out of anger

## Tools and Questions

When you find anger building up or overtaking you around others, ask:

- *To be the potency of you*
- *To speak from the potency of you*
- *For the words and energy from the potency of you that others can hear*

## Resources:

> Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)

> [Find me](#)

> [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.