



Episode 38 : **Communication Lessons From The Souk**

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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 shares her experiences of the “big push” of the vendors at the souk and how she created the energy of “no, this doesn’t work for me” and succeeded in being listened to.

### **Key messages:**

- When people are pushing their energy at us, it can feel bash bash full on, which can make us feel bad
- When people pull energy from you, it feels good and can even create an enjoyable kind of intimacy between you if you let your barriers down

## Tools and Questions

*To practise pulling energy:*

*Go into a coffee shop and ask to pull energy (you can imagine there is an energetic line behind the people you're pulling energy from), and pull energy through you, and be you!*

## 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.