



## Episode 53 : **Bullying**

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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 recalls her early experiences of being bullied at school and shares with us the tools of Access Conscious that helped her to acknowledge that the shyness strategies she used were not wrong and the tools that helped her to step into even more greatness. What would it take for you to step into your greatness?

### **Key messages:**

- A lot of shy people are bullied, in school or in workplace, even at home
- People who pretend they're pathetic tend to be the ones who get picked on by bullies
- Bullies pick up on that we're potent but somehow won't be or choose not to be the potency we truly be: this irritates bullies because it's a lie or often bullies lack confidence and people who are pretending to be pathetic or shy are a threat to them

- We can choose to be greater today than yesterday - it can show up in unexpected ways
- Things can seem to be absolutely horrible just before we step into the next stage of the greatness of us
- There isn't a formula for being greater, for coming out of shyness
- Even if we are struggle with shyness, know we can get out of it, even if we think greatness is a long way away
- Ask to be greater today
- Check out Fiona's **Five Steps of Overcoming Shyness Wherever You Are**

## Tools and Questions

*Everything that thinking about your friends replacing you with someone else brings up, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*All the energy comes up when you know you're not being the potency you are, will you destroy and uncreate it?*

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*Ask: What would it take to be greater today than I was yesterday?*

*Everything that thinking about stepping into the next stage of the greatness of you brings up, will you destroy and uncreate it?*

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*All the energy that comes up when hearing that there isn't a formula for being greater, for coming out of shyness, will you destroy and uncreate it?*

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## Resources:

> Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)

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