

HOW TO BE CONFIDENT

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 1341

All right balances today's
guest is someone I'm really
excited to have on the show
because you know when you
just

Come across those profiles on
Instagram and you're just
magnetically drawn to
someone and I'm talking like
from the

Point of view where I feel
like we almost have similar
neural Pathways in our brain
we think about things in a
Very similar way so I think
this is going to be a very
synergistic easy conversation
so I'm really excited to

Have you on today um our guest is the CEO of speaker by nimi meta she's a TV And radio presenter an MC a podcast host a speaker a public speaking Mentor what Don't you do it's uh the the beautiful nimi meta on the podcast today welcome to the show

Thank you so much for having me I'm so excited to be here and to to synergize with you oh I love it no we're going to

There's going to be a lot of synergizing I think um one of the first things that I was really interested in

Was your journey from and I think this is something a lot of people resonate with that feeling of completing your Degree so you studied journalism and getting your first job which you have described as being your dream job at the Time and just that first year experience and what happened directly after cuz I think that's important context to Understand kind of where you've come to now yeah yeah that's a great first question so I mean just to set the scene

I guess for for people did
journalism at University came
straight out at the age of 21
and got the job to be an MTV
Presenter and that for me just
felt so normal at the time
when something like that
Happens to you you think that
life is that easy especially at
such a young age you know
you come out thinking wow
it's

Really going to be doggy dog
and then this happens and it
was amazing so you just
applied and got the job just
applied it was like an online
Competition um you had to
submit a video re and so I

booked out my local Church's
Hall and I grabbed all my
family and friends and I said I
need you to be extras and we
were in the dressing room
And I was walking through
present pretending it's fashion
week and I had like my sister
getting her hair done by
Her friend and you know
people throwing clothes
around I love the it's still on
youtube to this day just
because it's so
Iconic for me I'm like I really
produced directed and
presented in that that's
amazing and so that is what
got me the

Gig but it was just what
followed after you know and
and I think that we all
Have these dreams and these
goal posts so to say and I
really thought at that age that
you have one goal post you
get

To that goalpost and then it's
over life's done life's done
like sign seal delivered like
it's over um in a really

Good way that oh I'm it's
going to be plain sailing after
this obviously it wasn't and
um it was it was a real hit
To the ego it was a real hit to
you know my mindset of like
Oh what now you know

Where do I go now and I just
wasn't prepared for what was
after and so I think that's
when I realized and it
Really hit me that my dreams
are ever evolving and Ever
Changing and sometimes
When you think something is
your dream it's not it's just a
stepping stone towards the
bigger picture yeah there's
Always um a bigger piece at
play I think we've forgotten
one key detail though so you
got the job at MTV and then
what
Happened yeah that shattered
your ego yeah yeah well I
was there for a year and I had

a contract for the year and
Then the contract ended and I
was unemployed for a few
years after that trying to
hustle back in to be a
Presenter so so they just didn't
renew it yeah they didn't
renew it the channel that they
basically created was
something called like District
MTV so

They were trying a new
concept of music and fashion
together and it just wasn't
picking up so they they ended
it all and

That was me that was me
done well you know what's
really interesting what a

beautiful lesson to learn at
such a
Young age that your dreams
are ever evolving and that
goals are not I like
Talking about it in the frame
of goals are not end posts
they're are goal posts no what
do I I can't remember even
how I
Talk about it now but it's kind
of like they're just markers
along your journey so you're
running a marathon right it's
not the Finish Line it's just
like oh
You've reached this part of
the process and the reason I
think this is so important to

really Embrace is because
It helps you enjoy the process
which is something I really
struggle with that patience
peace when not much is
Happening or things are
happening but they're
happening in a different way
to what you think you
actually zoom out and you
remember you're just in that
middle

Part of between those
checkpoints and when you
really zoom out all the way
you realize that's actually
what life is

It's not about you know I had
a similar experience where I

thought that achieving this
goal getting this job or
You know reaching this point
was going to feel a certain
way and yeah okay it felt
great but then it was over and
it

Was like okay now what's the
next part of life so I think it's
good to have had that reframe
at such a young age where
You're like okay my goals are
actually just markers of
what's next yeah and and
The thing is no one teaches us
this you know life does yeah
life does and these experien is
teach you and obviously
We're in a wonderful position

now where we can look back
and in hindsight be like oh
thank God it really taught me
a

Lot for some people I know it
can go the other way I just
think that you know as

We take on these experiences
I think we need to know that
we are never ever the finished
product and I think that's what
I was always chasing as a as a
young individual who wanted
to be a TV presenter I want to
be jam Jam or I want
To be deina MCO on the TV
and that was what I had my
eyes set on and I was like
They had their own journey I

didn't recognize that at the
time I thought oh overnight
they were successes but I
Think that it it just built my
character a lot more yeah
absolutely so you were saying
you were unemployed for a
few

Years and then what was the
next thing and how did you
work out how to get to that
place after kind of being a
little

Disappointed in that initial
dream yeah I I really believe
in the power of

Proximity so for me even
though I was let go at MTV

They under this group called
Viacom and within Viacom
they have like Brands like
Nickelodeon and stuff like
that and I

Thought you know what I'm
going to try and get a job at
any of these companies as
long as I'm in the building as
long

As I'm in the building
someone will remember me
or I will hear Whispers of like
a new job opening up you
know and

And so I thought as long as
I'm there I i'll be their next
choice and so I applied for a
job at Nickelodeon which

Was an advert scheduler just
sitting day just scheduling
adverts it was so

Monotonous but I just
thought I'm there and nothing
came of it I would love to sit
here and tell you like oh my
God

Yeah and then something
happened it didn't but the
reason I'm sharing this with
you is because I never lost
sight I

Never gave up hope and so
then for me it was also the
process of elimination I
Sat with myself and I was like
okay you want to become a
TV presenter cool what about

everything else within the
media

Industry let's learn every
single role possible possible
let's experience it

And then let's actually find
out if you do want to be a TV
presenter cuz you might get
behind the camera and think
Wow I actually love being a
producer or a director okay
that now my goals changed to
that and you know I tried
Everything from editorial my
local newspaper to Hello
magazine to an internship
with ITV you know behind
one

Of the biggest breakfast

shows in the country I was hustling I was so persistent with every work experience Job I mean I got an email and back then you know there was no such thing as uh you know just clicking a button and Being connected to someone on linkedin or you know following them on Instagram and dming them it was literally showing up at the door so even if you sent an Email there was no recognition of it I was showing up the door with physical paper CVS yeah for anyone young Listening we really did do

that and I would show up
doing that and I remember I
got one of my internships
because a
Guy who was a producer a
local TV show just wasn't
responding to me on my
Emails and I just kept going
like I was like once a month I
had set like dates on my
calendar to keep sending him
an
Email like hey just let you
know I'm here and if anything
comes up let me know like I
wasn't pushy at all but one
Month came up and he goes
you are so persistent like you
will not give up but

Lucky for you something's
just come up and this was like
6 to 8 months after I'd first
connected with him and so
my point

Being that if you set your
eyes on something just keep
going like the worst that can
happen is they say no okay
well

You can't miss something you
never had but if you keep
going something might come
out of it so it was that it was
me

Trying absolutely everything
under the sun until I realized
you know what TV
presenting is what I want to

do and I

Went into radio then CU there
was there was such a lack of
opportunity in TV in the UK
and so I wanted to expand my
Skill set went into radio at a
local radio station and um did
that for like five months I was
shocking inly bad it

Was oh it was hideous Hest
I'm going to play you a clip
from it but it was just like my
voice was different I you
could

Tell I'm like super rushed and
super anxious and I didn't
really know what I was doing
it was going out to like a
Thousand people in my local

town and then 5 months later

I moved to Radio 1

Abudhabi to host a national
breakfast show so that was

that was a crazy

Journey for me from going
from like a thousand people
to a whole nation yeah wow
and you actually never know

like I

Always say every networking
thing you do every job every
relationship like I feel

Like we get so stuck in like
oh that was such a waste of
time but honestly every little
thing has its role and leads

you

To exactly where you're

meant to be right so even if
that F Monon radio job was
like oh whatever it serve me
nothing

Maybe you wouldn't have
gotten attention for the Abu
dhab role if you hadn't had
that on your resume so you
just never know how all these
things kind of play

Together um before I ask you
the next question i'll just share
one thing that really helped
me be continue to be

Persistent because it's the
same thing with you know if
you're trying to get certain
people on the podcast or
you're trying to pit yourself

for certain

Things you're going to get a lot of rejection like don't sit here thinking just because you see XYZ person on the Show I don't experience rejection like it happens to everyone and for anyone to get anywhere you have to go through the Hurdles of rejection that's life but a really beautiful reframe for me was imagine you knew you had 50 NOS before You got a yes you'd be going as fast as you could to get through and CH through all those and just so you could hurry up

And get to the yes so seeing
every rejection or setback is
just that's one less one before
my yes or before my

Opportunity has been like a
really great reframe for me to
just keep going right and not
take it personally because half

The time it's not personal at
all all you know what I mean
yeah so then you've

You've gone into this Abu
Dhabi role and now you're
kind of in this entrepreneurial
freelancing doing a bit

Of everything so this
transition into being I guess
career focused to

Entrepreneurial if I can call it
that Focus what have been the
biggest things you've learned
in that transition yeah

Wow so I did radio on
abudhabi for a year until
Channel 4 poached me over
to Dubai so then I was at

Channel 4 hosting
The breakfast show for 5
years and that was a grind
that was like 4 a.m wakeups
that was it was a lifestyle

Choice it

Really was um doing a show
from 6: to 10 I did that solidly
for 5 years we we were
named the number one show
in the

Country you know and I
absolutely loved it and adored
it and you know years I
Was unemployed that I was
telling you back in the UK
um the power of visualization
and

Manifestation is real like I
know we we hear it and we
see it and we consume so
Much stuff that just sounds so
fuzzy that's like yeah
visualization manifestation I
cannot stress it enough
It is one of the key things that
got me to where I am today I
agree so I remember sitting
there in my bed whilst
I was crying cuz I was

unemployed and miserable
tissues in toe yeah exactly and
I and I came to Dubai on and
off

Growing up anyway and I
was like you know what let's
just see what's out there and I
was on channel 4 dubai.com
And I saw like the presenter
lineup and all these faces and
I remember like I

Kid you not Erica I was
sitting there for like an hour
just staring at that lineup
staring and just visualizing
Myself in that lineup and I
kept saying you're going to be
there you're going to be there
you're going to be there and I

Mean it didn't happen
overnight I would love to say
that but it happened literally a
few years later where I was
then hosting the breakfast
Show of that lineup and so
this kind of power of
believing really changed the
Game for me but that was a
solid job that was my dream
job that i've been working all
these years to be you know
At the top of the game the
you know for me as well a
female in radio females
Were generally considered
kind of like giggle girls in
radio the guy was the main
guy and the girl would just

kind of
laugh at whatever the guy
says that is just a classic
Radio set up I was really
lucky cuz my co-host and me
had a 50/50
share you know we were very
much like equal voices but I
love the show and um
it just got to a point where I
was like it is time for a
change and you feel it you
feel it in your bones like you
know
it and so I know and I and
from my community I have a
lot of people who talk to me
about how did you take the

leap like how did you make
that change how did you
believe in yourself and it
came down to one thing and
that was

which fear do I choose so
there were two fears the first
was oh my gosh but if I
leave I have a solid salary
here so financially I was
covered it was my comfort
zone I knew it day in day out

I
had a routine with it the third
was you know this was your
dream are you going to let go
of your dream I was holding
on

to that fear of but the

unknown what's going to
happen next and then that was
one side of the fear the
second side of the fear was
okay but are you still
going to be here in five years
time are you still going to feel
undervalued in
five years time are you still
going to be saying to yourself
oh nimi why are you here are
you still going to be
getting out of bed every
morning feeling like it's more
of a chore than a spring in
your step and that fear
outweighed
the fear before I was so
scared of staying stagnant that

any fear I felt
about leaving and taking the
leap was just irrelevant to me
cuz I was like I
would rather look back and
say I'm so proud you tried
than oh I'm so proud you
stayed and stayed in your
little Comfort box and you
know shied away from your
potential so if anyone is
feeling like they're in that
kind of period and and
scared to kind of take the next
step I would say weigh out
your fear which one
scares you more because for
me it was definitely the latter
that is such a powerful

question and in a very similar
vein a question you could also
ask is um which discomfort
do you want to choose it's it's
very similar question because
the reality is it's
uncomfortable not pursuing
things that you dream about
or
things that you wish you
wanted to do and it's also
uncomfortable pursuing them
because you're you know
dealing
with potentially not feeling
like you're worthy to do it and
self-doubt and the
uncertainty and all of that but
then the flip of that is actually

just not doing it at all never
trying never knowing and
being stuck in something that
maybe is not setting your
heart on fire so yeah I think
just being really honest with
yourself like it's I feel like
this is one of those things
where if you get that feeling
like you described it in
your bones I know that
feeling it's happened you
know iconic moments in my
life where in that moment you
have the I
think it's like twofold you
have that feeling and you
acknowledge what's going on
and then it's the action piece

and
that's obviously the hardest
part but but getting raw with
yourself I think is the most
actionable thing you can do
because it helps you what
you're like at a fork in a road
and it's like okay which one
which one do I want to go for
so I think that's really good
advice for anybody listening
um and really you can apply
that to any juncture or
Crossroad
in your life with anything
relationships decisions with
your health like you know
what I mean like pick your
fear or pick

your discomfort 100% And I
would say that your body tells
you exactly what

you want and this is
something that I've kind of
learned to listen to We we
talk about listening to our
mind and our
heart all the time but our body
is so aligned with us in the
sense that if I
feel something in my bones
that term exists for a reason
right because you feel it in
your core in your gut I I
have a 5-sec rule where I'm
like okay as soon as I feel
something I hold on to

that because in 5 seconds my
mind's going to start
convincing me of otherwise
my mind's going to start
convincing me no no no don't
leave don't leave because
what about money what about
this what about stability what
about you know but you want
to be able to afford you know
a house next year how are
you going to be able to do
that you know all these little
Elements of Life
that come through the extras
that really don't contribute to
your core your mind
convinces you otherwise of
what your body tells you so I

set a 5-second rule as soon as
I have thought and felt
something I instantly am
aware that my mind's going to
kick in any second and I need
to like hold that piece I need
to

hold that core gut gut feeling
I'm getting I need to hold on
to that and I would say that a

lot of us avoid it a
lot a lot of us ignore it
because it's probably the
easiest thing to do and so
that kind of discipline has
really changed the game for
me in decision making and
taking these kind of leaps
yeah that's amazing and um

often I think the reason I
mean the brain is the rational
part of the body we we owe a
lot to it for keeping us alive
but it does try and give
meaning to everything
when sometimes it stands on
its own enough as it is and I
think the reason that that is so
good like I love that
just sitting with the thought
for five seconds and just
noticing what that kneejerk
reaction is yeah because that
often is a little bit
uncomfortable because it's
prompting change right but if
you actually just that's a really
good actionable thing people

can take and and maybe
practice that's a good way to
start listening to that inner
voice

that you know when we talk
about following your Intuition
or being more intuitive I think
it comes down to small things
like this my um fiance he
used to

be a chiropractor and um I
mean he's had a career shift
which is totally random
but in his times being a
chiropractor we used to talk
about how the body's
language was pain and I find
this really interesting just in
kind of like a tangent of what

we're talking about is
it will also send you signals
when things are not right as
equally as when you want
need to make change or or do
something different and so
what I find really interesting I
don't know if anyone or
yourself can resonate with
this but if I'm really stressed
or I'm
really out of alignment I will
always get the same pain and
it's in my neck
it's always just neck pain and
I always used to think oh I'm
on the computer too much but
I remember it happening one
time when I was on holidays I

got um you
know something happened
and I I got a bit stressful and I
was like well I haven't been
on my computer so I now
noticed that as like my body's
language

but I think just tuning into
little things whether it is in
moments of stress in
moments of change um
whether

it's a kneejerk reaction before
your mind kicks in like just
getting familiar with how you
respond to things and what
that looks like in your body is
so powerful to take control of
your own life so yeah and that

also applies you
know I've like deeply studied
this even when it comes to
like communication but that
also applies to like when you
meet

people I don't know about you
I don't know if you've ever
met like in a social situation
you bumped into new people
you've met them my body
instantly tells me if I am the
vibe yeah you can feel
the energy am I for that
person or am I not and
usually I when I even when
my

body tells me not they're not
my vibe I still then convince

myself no know it's
okay like oh I'm I start
doubting myself rather than
doubting the other person and
we need to trust ourselves
more

that's what it comes down to
and I think that this is when
we start to get into you know
bad friendships or bad
relationships because we are
not following our gut and that
that we need to be able to
pick up these signs and
that level of self-awareness is
really key I think yeah and I
think um one thing that
helped me get comfortable
with that cuz I was a bit like

oh but they're not a bad
person I was over over
complicating it I was like it's
not even

about good or bad or that
they've done something
wrong it's just alignment like
at the end of the day like our
energies

are just not aligned and that
doesn't mean I need to not
like you or doesn't mean you
have to have done something
wrong to me we're just not
aligned and I

just don't need to give you
more than what I have to
totally and fine so fine

I'd love to ask you a bit about finding your voice like obviously through speaker and and different things that you're doing now that's something you're helping other people achieve and I think it's such a powerful thing I mean as a podcast host I know the power of my voice in learning in communicating in understanding different things and and I think connecting is another big one too so when it comes to finding your voice what does that actually mean because I think there may be a lot of people listening have

not even considered what
is my what is my voice like
what does even now that I'm
thinking about it like okay it's
the physical thing like it's
my voice but what does that
mean in terms of how I
portray myself to the world
and how how do people go
about

locating what that even is for
them yeah great question I
think for me the reason that
all kind of started was when
I was shifting from my main
job which was being on the
radio to then what next
and I had a like kind of mind
shift of perspective so I went

from the day to
day okay this is taking over
month to month this is taking
over to then legacy mode I
went to mode of what am I
leaving

behind what am I sharing
with people around me that I
have learned from my
journey that they can you
know that can help them
along theirs and that's when I
started to think about how I
used to be an absolute mute
as a child and now I'm
hosting some of the biggest
events and

TV shows in country I
wouldn't believe that for a

second right and and my
Mom and Grandma still to
this day are like
are you the same person like
they just cannot it doesn't
click for them but
that really resonated with me
and so what I did was I sat
down and I was like okay so
how did you get from A to Z
how
did you do it and I realized
what I have taught myself I
could framework and I could
help
people to actually learn that
framework and do it in less
time than I can so it was that
shift of to to legacy mode of

what do I actually want to
leave behind and that kind of
like zooming out and bigger
picture of that this is so much
bigger than you what's your
purpose like what's your
impact 100% And so then you
know I looked at okay I found
my voice I found my voice
and I kept asking myself the
question what does that mean
though
me what does that mean and
so it was identifying what was
truly me and I

created something called The
Voice layer Theory after
doing all of my kind of like

looking back and you know H
how can

I build this and how can I
teach this to other people and
the easiest way to describe it
is that when you're when
you're born uh in your most
you know developing early
years the biggest
influence on your voice from
the get-go your parents right
your mom dad or your
Guardians whoever is is
Raising you and on top of that
then say you've got your
voice here you've got the
parents on top then on top of
that we go to school we've got
teachers we've got other

students on top of that we're
consuming media TV radio
on top of that now in a world
of social media where
millions of
voices are influencing us
telling us what we should feel
what we should think what
our opinions should be on
certain
things and what I realized is
we're there at the bottom
we're the foundation but the
all these are building up on
top
of us and what's happening is
our own voice is getting
diluted so I don't know
about you but like in any

situation even with my
partner I say something and
I'm like that wasn't me that
was my mom yeah
oh yeah that's a big one he's
actually been good calling me
out being like yeah that was
your mom yeah and I'm so
glad

he does because we
sometimes we do need that
you know when I'm when I'm
with a friend and she's like
what do you want
to have for dinner and I'm like
Oh sushi and she's like oh yes
let's go for sushi and I'm like
lil did you want sushi or
did you just know that she

loves sushi so you're going
for sushi you're like damn
should have picked the ramen
right

obsessed with Ramen by the
way obsessed um so it was all
of these things of we got so
many people influencing our
voice

and what we don't do and
what we've never been taught
from a young age is that our
voice is its own

nucleus we kind of just think
it's a default and a given but
your voice is your greatest
asset it is one of the
core things that help you you
to communicate who you are

to the world how
come we haven't done the
groundwork in identifying
what that voice is so
there's a way to kind of
identify that and break all
those layers down and it takes
a lot of time i' would love to
sit
here and say okay okay I can
you can do it yeah yeah but it
took me a lot of time and
what I did was first was
isolate my voice so that was
taking myself away for like a
week or so when I say taking
myself away I wish I was
going to like some Private
Island no it was just not cons

consuming social media detox
it was exactly that detox and
then
also just not talking to a lot of
people for a week which is
Amazing by the way and we
all need to do it we need to
just
sit with ourselves for a while
and I started questioning
everything question
everything if I if you walk
away with anything if you're
listening right now and you
walk away with anything
today is
just question every decision
you make every thought you
have every opinion and

feeling you have why do I
feel that way how come how
come that's what you chose
I started even questioning like
the tiniest things from what
what do I want
to have for dinner okay why
are you choosing that why n
me and it's really can get
really tedious but the point is
that that's the only way to
break through because then
you start realizing why you
start making these choices is
it

you or is it someone else
highly influencing it what's
the source what's the source
and I got to the point where I

was like journalism I started
questioning my whole career
my purpose and I was like did
I do it cuz my mom wanted
me to do it or did I want to do
it and you have a bit of an
identity crisis through it all
but that just means it's
working yeah it's really
working so I isolated my
voice completely and then
what I started doing was
evaluating the voices around
me so
the five closest people to me
you know they say the you
are the average of the five
closest people to you okay
who who

are they then let's actually
identify them and let's
actually recognize if there a
positive influence on my
voice

if they are guiding my voice
enhancing my voice are they
helping it in any way or are
they dimming my voice and
so

that's what made me really
identify the people and then
for me it was just elimination
you know and and I had to be
pretty Cutthroat because I'm
like this is this is me this is
my nucleus I have to protect
my voice at all costs and I
don't think we think of it that

way no and when I when I
interviewed Gary Vee I asked
him about that and I said so
how
did you find your voice and
you know how how would
you share with other people
that they can find
their voice and he said you
know I found my voice in the
trenches of other voices
and he said that my mom was
such a positive influence on
my voice and I
just realized that other
people's voices don't matter
so much to me you know and
he completely isolated his
voice away

from everyone else to identify
what it is and and that to me
was just like okay
this guy knows what he's
doing you know they say
never take advice from people
who haven't already done it
he's done it
right and so that those two
things for me was isolating
my voice and then evaluating
all the voices around me and
then rebuilding rebuilding the
voices around you okay so
who does make you feel good
who does enhance your voice
and then that started to beef
out the skeleton a bit of of
what it is that's truly me and I

think that that's what
finding your voice is and by
the way it's an Ever evolving
Journey it is I can't sit here
and say to you yep I
found it I've mastered it 100%
% no no no it changes every
single day and
sometimes other voices
outgrow you too you know
we talk about friends
outgrowing and like you just
meet each other at a certain
path and and then you
kind of Amic amicably go
your different ways but that's
how I feel about certain
voices as well and I and I just
wish

people saw our voices as external beings and not just a default within us I think this is so so powerful and a really interesting thing for people to do and when you were kind of talking about the isolation pce I was thinking in my head this is going to be quite difficult because you're in in the world we live in like no one lives in their own lane without any external stimulation so I love that there's that second piece of actually critically analyzing like who are those five people you could even take it a step further and be like what

content am I consuming who
am I

following online because I
feel like even though even
even if you are not with
somebody all the time if that
is

someone you're listening to
constantly like what other the
things they're saying are they
aligned for you and this just
to me is like screaming like
it's

like ultimate alignment
because when you can work
out this is like such an
amazing blueprint for
anything in life
like to really like get down to

why you have certain beliefs
about yourself why you make
certain decisions why you
you

know for people who struggle
to set boundaries who feel
guilty for doing things or not
doing things who doubt
their own potential like these
are all things I've struggled
with and I can just see the
value in when you peel that
away and you're like what is
the source where is the truth
in my voice and this and
where have I lay it on top of
what

other people think yeah it's
such a powerful way to work

out what's going on I just
want to share one experience

I

had last year that's actually
really resonating with what
you just shared and I went to
um Greece for my sister's
wedding last year in August
and I don't really drink that
much alcohol but in the last
few years since

moving here particularly it's
been less and less and less I
mean it's a big part of the
culture in Australia it's not
something I do he I enjoy a
drink when I'm out but again
not something do regularly

and when I went to Greece
last
year uh just before that i' been
doing a lot of work on myself
spending a lot more time by
myself I I call myself a
retired extrovert I was that
person that I used to hate
being in my own company I'd
always be like I'd have like a
100
coffee acquaintances like I
was that person yeah and
since moving here I've really
embraced the value of being
alone
hearing myself creating that
space so anyway went to
Grace for my sister's wedding

and it was a very social
beautiful fun time catching up
with family obviously none
live here so it was a really
nice time and you know
you're in Greece it's summer
you're having spritzes every
day that kind of experience
when I got back I had a rude
shock because I realized how
detached I was from myself it
was like I couldn't
not this dramatic but like take
it metaphorically like I
couldn't feel my body cues I
like my intuition was
nowhere to be found and ever
since that experience every
time I have had alcohol

I feel like I'm very hyper
aware as to the thoughts I
have when I start to feel a bit
tipsy how that changes how
that

voice changes um so you
know I just wanted to bring it
up because I feel like even
things you do or places that
you immerse yourself in can
impact that voice if it's not as
direct as like somebody else's
voice and alcohol for me
has been something I'm now
like super attuned to as
something that disconnects
me from my own voice um so
that was just
a really weird experience I

had I don't know if you I don't
know if you drink at all or if
you've had a experience I
know

when you were speaking
about that it what made me
kind of resonate with that is
every time I go home and I'm
surrounded by people that
make me disconnect with
myself because you know
living away from home for so
long when

you go back to the place that
you grew up a lot of you
know a lot of people here in
the UA could probably
resonate

is that then you surround

yourself with the people who
know the old you yeah and
so you regress almost you you
literally go back to that little
girl and I feel like every
single time I go home I go
back to that little girl and I'm
again that insecure timid mute
and then I come back to
Dubai and I have to almost
relearn myself yeah it's crazy
it's such a we introdu myself
and so that goes for
drinking that goes for people
and that just tells you the
people the things that you
should not be consuming
that's
across the board and so I

think that those that again that
level of awareness for you to
come home and like
recognize

that is huge yeah I had a guest
on once and she was talking
about how when you
go and visit family and you've
been away for so long and
you've created your own life
you there's this like anxiety or
fear or actual reality of
regressing back into she was
talking about in the context of
a family Dynamic but you
have

a role to play in your family
and that was growing up right
you might have been the

person that lashed out you
might have been the person
that copped all the
comments from someone you
might have been the
adjudicator like everyone has
a role in a family and when
you're in that Dynamic you
almost regress back into
that role even if you've done a
lot of work to kind of Evol
and grow out of it so it's just
really interesting I think
like some of these things you
you know I'm always going to
go home and visit my family I
I'm not at the stage where I've
like cut out alcohol for life
but it's just having this

awareness so now when I am
doing these things I'm a lot
more

intentional because I know
the impact it has on my voice
and my con my you know my
intuition my connection with
self so

yeah I just wanted to bring
that up cuz it really like
reminded me of what you
were just sharing and I think
the framework you've shared
is really really
valuable just like to anything
yeah absolutely I um I asked
you the

other day before you came on

the podcast today I asked you
if there was anything
you'd been ruminating on
thinking about because I'm
the kind of person where you
might hear me talking about a
lot of things on the show
people will hear like similar
themes coming up but I'm
always

I'm the kind of person that
like Ponders on a lot of things
like 24/7 I'm like a ruminator
so I asked you if there was
anything you'd been thinking
about or like just talking
about generally and there
were a few things that really
stood out to me from what

you shared the
first one is this difference
between being nice and being
assertive mhm and
this is something I've
struggled with as someone
who I think grew up as a
people
pleaser trying not to ruffle
any feathers mhm trying not
to come across
as rude right always be the
nice person always be the
bigger person but that's meant
I haven't been
assertive in moments where I
should have probably stood
up for myself so how have
you been think about this junk

show with
being nice and being assertive
and is there like a happy
medium yeah yeah I think
you know I had to
completely dissolve the idea
that I had that it's either being
nice or being
mean and I thought those are
my only two options and
especially as a woman I feel
that for us we do have
different approaches
especially now as an
entrepreneur I'm speaking
purely as an
entrepreneur that being in in a
in the room and you know
having conversations

that you know are up to the
progress of your company
and you know you're talking
about bigger things that are
bigger than
you that I feel I felt just really
uncomfortable with with that
I'm kind of
like you I was like a people
pleaser I was just you know I
just want to be nice that's the
only way I know how to
operate is to just be kind uh
my dad you know when we
were growing up my mom
and
dad always just said like I
don't even care what religion
you are just be a good person

just be a good person and
that has how that just how me
and my sister have been
raised so then specifically in
the media industry I
really struggled with it really
struggled with it because you
know I um I actually I'll share
a story with you I
had a uh hairdresser um at the
TV studio and he's left now
and on his last day he
took me to the side and he
was like you know I
absolutely love you but I have
to share something with you I
have to tell
you something if there's one
thing that that I leave with

you this is it I was like yeah
sure'll go for it and goes you
need to stop being so nice you
just need to stop and I was
like why do I what I
thought he was joking and he
said yeah you need to be a bit
of a around here to be
respected and I just sat with
that for a
while cuz I was like well
hang on a second that's not
the way I operate it
would be really alien for me
to try to be that to be
respected because you know
there are there are people in
the world in the industry who
do navigate themselves in

that way and I sat with myself
and I was like yes 100% they
probably get their
stuff done for them in a better
manner in a quicker more
efficient manner because the
people that are doing it for
them operate from fear not
from love for them it's from
absolute fear yeah that's
not respect at the end of day
it's not respect and that's not
what I want whatsoever and I
um I went to a friend
of mine who's in the industry
in the US and I was like they'
he's told me this what do you
think because at the same
time I was experiencing a lot

of disrespect a lot of undervaluing and I thought in that moment I was like yeah you know what I'm going to be this I'm going to be like that hard nut obviously it was just like in the spur of the moment and I the adrenaline rushing it just wasn't true to me but I think that what I have figured out and what I'm still learning to this day is the difference between being kind in a certain I think that you can still be kind with it but still be very clear and concise about what it is that you want and I think that I got muddled

with that I thought you know
as the talent that you
know oh I don't want anyone
to think I'm difficult I don't
want anyone to think I'm a
Diva as women we get
labeled so
easily Diva difficult is what
we get if a man does it it's
wow like he's
got something about him he's
powerful he's strong whereas
we get labeled completely
something different and so
that kind of balance I've
literally been trying to just
weave into to my everyday
interactions and that has been
stopping myself I've literally

been stopping myself from
just being the yes person
and stripping it back and
that's a that's a you know a
quality of a highly
confident person is the ability
to respond and not react so
responding
means taking your time it
means not waffling it means
understanding and treating
your words like gold that you
don't need to say a lot you just
need to keep it concise keep it
tight and get your message
across in the in the right
way and as a woman I just
feel like I have been learning
to and I've been

burnt along the way I mean
I'm sure you can share some
stories but I have really leared
the hard way of being too
nice

cuz people also walk all over
you yeah they take advantage
they treat you terribly cuz
they're like oh she'll be
fine oh n won't mind she'll
say yes yeah yeah she never
Minds that happens all the
time and so I'm just learning
now

that you know what Nim
there's a way to be kind and
super nice with it and
respectful but you just need to
be very

clear about what you want
and then you'll get the
outcome you want as well
yeah I think it comes down to
me what you said at the very
beginning which is
being uh assertive or sorry
what did you say you said
being kind and being mean
aren't the aren't the two
options right
and being assertive doesn't
mean you're being mean it
actually for me it comes down
as well to like communicating
your
boundaries right and I think if
we even go back to what we
were talking about before if

you strip down and come to
Source it's like well why do I
feel the

need to put this person's
Comfort or desires above my
own because that's what
people pleasing is it's saying
yes to

someone else and saying no
to yourself and when I had
that realization I was like this
is ridiculous I would never
expect somebody else to say
no to themselves and yes to
me just to make me feel better
like it's their life like if
they said no to me it actually
doesn't really change that
much about my life think wej

up this story so many times of
like how much impact we're
having on other people when
we say no but it's like honey
you're the character of your
own story only like everyone
else is

just going to get on with their
lives like you don't have they
don't care about you as much
as what you think they do
which is the harsh truth like
something I had to realize as
well but yeah it's uh I've had a
lot of scenarios

where in the last few years
the more aligned I'm feeling
I'm able to not defend myself
but I think be

assertive in what I want and what I will not tolerate I think I've had more experiences in that realm where if I had responded in the moment if I had not taken my time it could have been emotional react like you know reactive and but taking your time and just responding in a way that feels aligned for you I I have a specific scenario in mind which I won't go in detail about but it was a bit of like an explosive interaction with somebody via text and you know people are saying reply like this and say these angry things and use like you

know swearing and emotion
and

that's just not me I my
tolerance for anger like I just
it's not an emotion I
really Express like I've got an
Italian family which may be
very surprising that I don't
carry that trait but my sisters
you know they're very loud
and they like yelling and
that's just how they express
themselves but that is not true
to me

and so when I've been in
those moments where I've had
all the emotions sitting behind
it but I don't outwardly
respond

that way and it's almost like
expected I just take my time
with it that feels
more aligned for me but in
the same vein sometimes that
means I just don't say
anything at all and that's me
being too
nice because I don't want to
you know Kick the Can
further down the road or
continue the explosive kind of
interaction so I think it's an
interesting one to think about
like at what point do you
assert yourself in a
way that's aligned for you and
I think it just comes down to
delivery yeah right because

yeah absolutely and I think that it goes back to our previous point when we talk about finding your voice it's that am I reacting or responding it's like having that check-in with yourself you know and questioning yourself was that a reaction or was that an actual response and you know even in professional settings sometimes even in Social settings we feel so pressured to like give an answer or respond straight away and just take a Beat Just take a beat take a breath and

then you know what even if
you don't know the answer
you know what I'm not quite
clear on that let me get back
to

you yeah because your words
have value so don't just give
them away willy-nilly
you know think about it
because you'll walk away and
thinking why on Earth did I
say that that's not even what I
was

thinking or feeling so give
yourself that Grace to be able
to just like take a moment and
move with it and then just
like the last thing I would say
on that is just that it goes back

to one of our previous points
which is like relationships is
everything and so I
never I never want someone
to walk away from a human
to Human Experience and
interaction with me and feel
horrible it is something I am
so so conscious of in
every single thing I do
whether that is walking onto
the set and talking to the crew
and saying hello to them and
thanking them for their time
and energy all the way
through to the director you
know it doesn't matter who it
is I'm
treating you exactly the same

and I think that we lose sight
of that sometimes in this like
doggy dog world
and you know oh we need to
get on top of each other we
need to be each other
comparisons and stuff I'm like
when it
comes down to it when I'm 90
years old what am I going to
remember I'm going to
remember the beautiful
people and the
Beautiful experiences that I
had with people the memories
the good times and that's what
I want to leave with people
I never want someone to walk
away from me thinking oh

God she's a bit you know and
I think that that with that
being

said you want to leave a good
impression and a good feeling
with them but in protecting
yourself at the same time

yeah I think that can be
challenging when you come
across personalities or people
that do have that doggy dog
world

attitude and they're like
coming at you right and it
again like there's this thing
called projection which
means it may not even have
anything to do with
you you might just be in the

firing line that day but I think
this is when the power of
finding your own voice is so
important because you will
come across different kinds of
tornadoes I call them in life
and and really at the end of
the

day like you don't need to
match their energy because if
you're aligned and like
centered in your own voice in
your

own energy you just respond
from a way that's authentic to
you but that again takes time
and your voice is an evolving
thing uh people's voices
around you are evolving thing

and you grow and change so
just like constantly doing that
and

some of the beautiful tips
you've shared so far I think
are really useful for people to
just check in with themselves
it's all about that regular
check-in

creating space for that
regularly like I do that
through spending time on my
own which is something I've
learned over the
last few years or meditation
or you know I I I live in my
head a lot I like to journal like
kind of notes on my phone

people have different Outlets
you do you kind of have
something that yeah I um I
live in my notes app and a lot
of photo

albums so you know even
when I'm feeling kind of like
low in self-confidence or I'm
kind of having my my doubts
of who I

am why am I here what am I
doing you know we all have
those 100% And it happens
regularly um I have a photo
album called my wins and I
take photos from tiny little
things to oh I actually made
dinner this week all the way
through to hosting one of the

biggest events of the year it
ranges but what I like to do is
that is my reminder album
I I just skim through those
photos and I'm like you did
that you did that no one else
did it you did it and it's just
a tiny little reminder to me
that hang on a second yes
you're thinking way in the
future of like I'm not where I
want

to be it's 2024 I should have
X amount I should be doing
this I should be hosting this
many things no let's look back
and

see how far you've come and
these kind of little just this

one technique I share with my community is creating a my wins album and that's all it takes if you're not a v I'm very much a visual person so looking back at the photos and

videos totally shift my perspective sometimes it's just on your notes sometimes it's just listing out my January wins and then saying this is what I did this month and I'm really bloody proud of myself for that so recognizing that and and and what we were talking about earlier was kind of like loud confidence versus soft

confidence you know you're
speaking about your sisters
and how they're quite fiery
that's loud confidence but
then

there's others of us that would
consider ourselves introverts
that have that soft confidence
we don't come across the
loudest in the room you know
we're not the most attention-
seeking individuals but in my
opinion I am the most
confidence when I'm in my
introvert mode like I call
myself a bit of an extrovert
introvert because I am both
and I and
different scenarios and

situations bring different
versions of me out but I think
what is a misconception is the
loudest
person in the room is the most
confident oh yeah right
absolutely not if anything
when now when I'm in a
social setting
and someone is super loud I
have so much compassion for
them CU I'm like there is
some
there is something a lot
deeper there um that you
think looks like oh my god
wow
I want to beat them no there's
always something there you

know I I kind of like feel feel
a bit for them cuz I'm
like there's a reason they're
seeking the validation the
attention and I think that we
need to recognize that as
individuals we don't have to
be the loudest in the room to
be the most confident at all
yeah absolutely and
just to kind of circle back to
your uh album of wins I'm
glad you brought up for the
less visual people cuz I I
think

I'm more like written word
style I have an Excel sheet
which is very corporate of me
but it's just because it's kind

of
tied in with a couple other
things I'm tracking so to
speak but I have like a wins
list and so whenever
something
happens big or small doesn't
matter I'll put it on the list and
again it's something I can go
back and reflect on
and the best part about doing
this whether you pick a photo
album whether it's in your
notes whether it's on an
Excel sheet is once you know
you are filling something out
you have something to add to
you start looking for those
things not like oh it's the end

of January what did I achieve
I need to write something out
if you know that's
coming up it helps you it kind
of like activates something
and you start looking for
things to be grateful for or
proud of yourself for because
you've put
it on your radar and then it
becomes the you know it
doesn't matter how big
something small is you're like
oh this can go on my list or
this can go in my
album and that's a really
beautiful practice to have and
all that does is just build your
confidence it builds

your you know just self
assurance that hang on I I I
did all this I can move
forward and just sit if you are
feeling
low and self-confidence sit
with it as well I never tried to
push myself through it you
know if I'm feeling
rubbish which I was this week
a lot um I was just kind of
like oh you're this you're that
you know like really talking
myself down and then only
when I sat with that I gave
myself myself 24 hours I was
like sit with it feel it all
because then you're going to
be feel great tomorrow and

you'll feel grateful for the rise
up and you know I wouldn't
say push yourself through it I
would just say move with it
move with all the emotions
and then the next say just get
back on it absolutely if I ever
have a day you know it's
generally once a month I have
a big crying day yeah I
always

feel so good the next day it's
like you just let something go
but just like emotions are all
um they're all

temporary you know nothing
lasts forever just feel it let it
do its thing and I think the
more Roar you can get with

yourself the the bigger the
bounce back almost and it's
just that's the es and flows
like even when I talk about
life

balance it's never trying to
achieve this you know
holistic middle level state
where you're never dealing
with

things you need the lows
because it's a point of
reference for the high
moments and sometimes low
moments are points of
change or points of reflection
and everything serves its
purpose there's a beautiful
Harmony between these

binary
moments in life and you
know having um I worked
with a therapist for a few
years she was a high
performance coach but we
did a lot of like psychology
and she was amazing one of
the things she taught me was
having a cookie jar which is
effectively your photo album
of winds or a guest a few
weeks ago called it a book of
winds so have those things
where you
track and you look and you
have that activation to be like
what am I going to be proud
of myself for today this week

this month yeah but I think
this is a beautiful place to
leave our conversation I've
really really enjoyed our chat
we could go on for hours
honestly this will not be the
last podcast so thank you so
much for your time and I'm so
looking forward to
seeing what then this year and
Beyond brings for you thank
you so much for having me
and I've absolutely loved this
conversation thank you for
your time my pleasure thank
you.

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