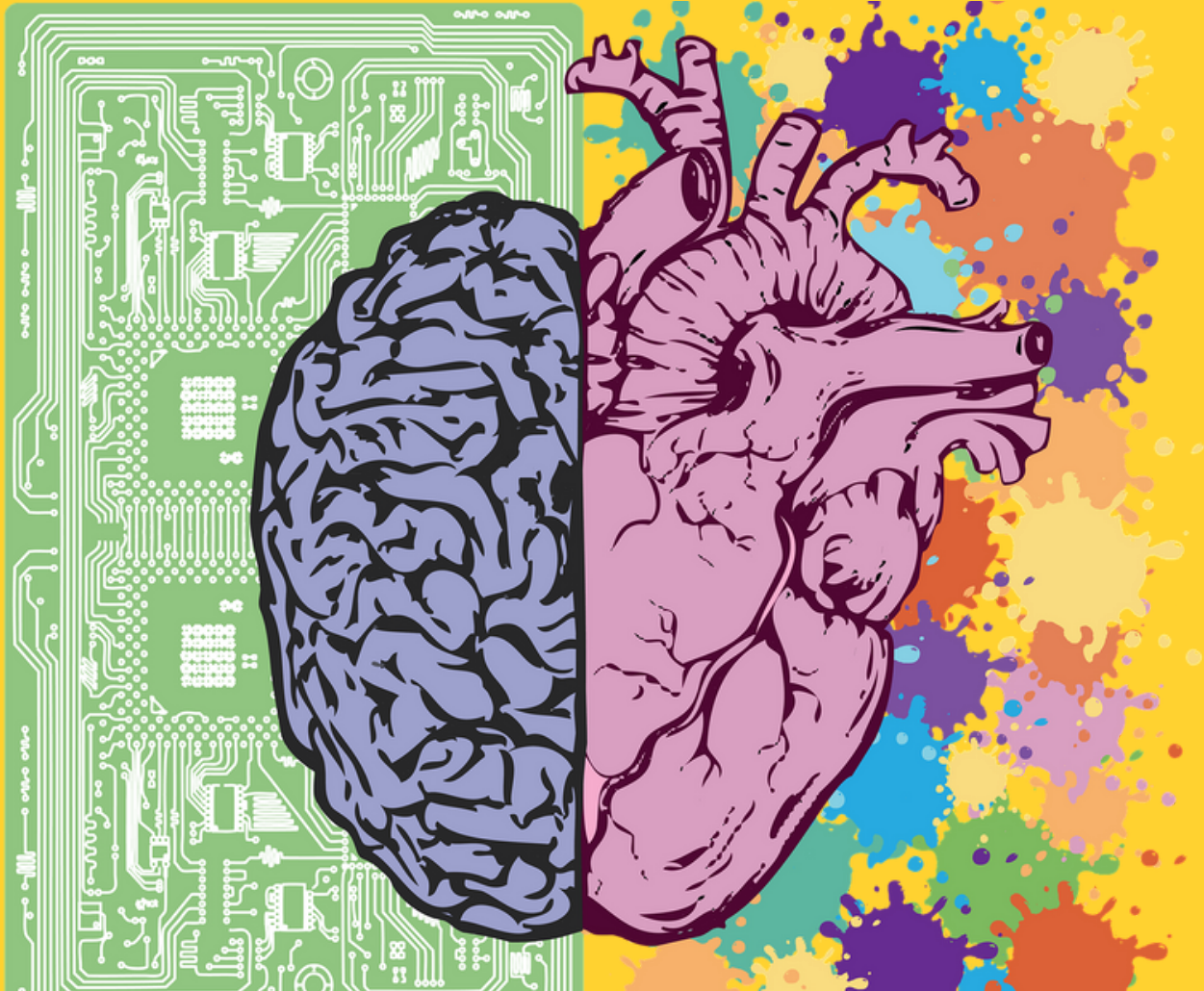


COLINCU

CONNECTING THE LINKS FOR YOU

ISSUE 16

NOVEMBER 2023



BEAUTIFUL CONNECTIONS

**TIPS FOR
CREATING EMOTIONALLY
SAFE SPACES**

PUSHING YOURSELF FORWARD

**DEALING WITH
DISAPPOINTMENT**

**REIGNITE YOUR SPARK
FOR LIFE AFTER HEARTACHE
- ONLINE COURSE DISCOUNT!**

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WELCOME!

Welcome to COLINCU! A zine that aims to inspire, educate, provoke thought and encourage you to celebrate and be your true self.

For those who don't know me, I am the author of "[The Twists and Turns of a Traveller; Life Lessons, Adventures and Everything in Between](#)" and your Cornish Kiwi Coach who empowers people to overcome obstacles that are impacting upon them living a fulfilled life.

I care about the world we live in and the people within it and believe when people love their lives, they put their best foot forward and this positive energy radiates around them which rubs off onto others.

I am armed with life experience and have a Bachelor's degree in Applied Science (Psychology), a Master's degree in Teaching (Primary) and a Diploma in Professional Coaching.

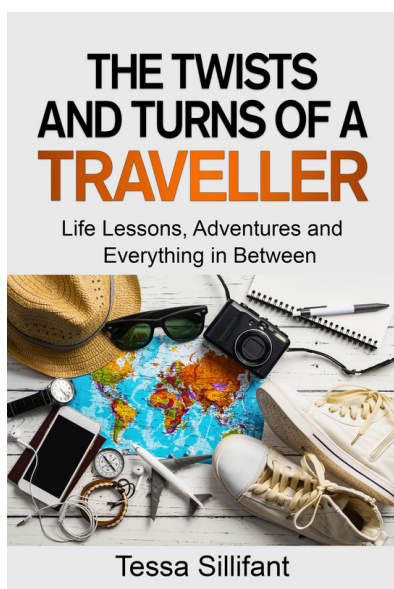
I've worked in a number of different roles over the years, from organising professional development events and activities to providing pastoral care through mentoring and coaching. I've also collaborated with key stakeholders to develop a wellbeing strategy for students at the University of Auckland which sought to get to the heart of the cause of what was causing unnecessary stress.

A lover of travel and life, and a firm believer in the word being a powerful tool - I hope you enjoy what COLINCU has to offer!

If you have feedback, an article, product or story you'd like to share then please get in touch! I'd love to hear from you and celebrate and share what you are up to!

If you'd like to be kept up to date with new issues when they are released - you can 'Join the club' to [subscribe for free here](#)

You can also find and follow me on Instagram @tessasillifant Facebook @cornishkiwicoach and www.cornishkiwicoach.com



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Beautiful connections



Recently I had the honour of sharing a soulful connection with someone who had similar values and interests, and I'll have to admit, it blew my mind! The connection was random, but I have absolutely no doubt in my mind, that their presence, although short, has touched my life. The connection has brought me to share my gratitude for this experience, as I feel in this day and age, it is actually quite rare, and very special.

I don't need to tell you that there is so much violence, hatred, power, and control in the world. It unnerves me to my core that we can be so far advanced in technology yet be so far behind in being able to manage our own basic human behaviour. Yet, away from the fear, away from ulterior motives, away from power dynamics, the world can be such a beautiful place. Moments, memories, and people have the potential to touch lives and make such a difference. But how often do we put time to establish those connections? To take time out to really understand a person, to get to know them, and to give them the safe space to be vulnerable and to share what's real for them?

I get it, being vulnerable is difficult, but if we all had a safe space to really be seen, to be heard, to be accepted, and to be free to be who we are with no apologies: anxieties would fade, energies would lift, we'd contribute towards releasing pain and lives would be touched.

We have the power within us to make a difference. To be that person that creates space, shares support, empowers, and celebrates. A person that gives space for people's inner qualities to shine, to listen without judgement, and to be accepting of others, even if we don't fully understand. I'd say those experiences are the greatest gift we can ever ask for, as it is from those beautiful connections, that we gain inner peace as we are seen, accepted, and embraced for sharing our true selves with the world.

So, in times where it feels like there should be more peace and harmony in the world... what connections have you made lately and how many, have impacted your life so profoundly that even after the moment, you know the experience will live on through you for a long time to come? What tweaks can you make, that will allow for beautiful connections to be made?

TIPS FOR CREATING EMOTIONALLY SAFE SPACES

ACTIVELY LISTEN

Show an interest, give eye contact, and come from a place of curiosity by asking questions to seek to understand.

TREAT PEOPLE WITH CARE AND RESPECT

We all need boundaries to protect our time and comfort levels. Respecting these helps build trust.

BE GENUINE

Sometimes we want to try and problem solve and fix things, when all the person wants is someone to listen. Avoid imposing your needs or agenda onto them so that your care is genuine.

REFRAIN FROM JUDGEMENT

We all have our own lens of the world which stems from culture and our life experiences. Avoid passing judgement as there will be so many layers under the surface, that you will not be aware of.

BENEFITS OF CREATING EMOTIONALLY SAFE SPACES

**PROVIDES THE
OPPORTUNITY FOR
GENUINE CONNECTIONS
TO BE MADE.**

**REDUCES STRESS AND
ENABLES PEOPLE TO
RELAX AND BE
COMFORTABLE BEING
THEIR TRUE SELVES.**

**ENHANCES
OPPORTUNITY FOR
HONEST EXPRESSION OF
THOUGHTS AND
FEELINGS TO OCCUR.**

**CAN MAKE SOMEONE
FEEL GOOD FOR
GENUINELY FEELING
ACCEPTED.**

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Brenner, H., & Letich, L. (2023, January 16). *Emotional Safety: What is it and why it's important*. Psychology Today. <https://www.psychologytoday.com/nz/blog/the-art-of-feeling/202301/emotional-safety-what-it-is-and-why-its-important>

CREATING EMOTIONALLY SAFE SPACES

“It’s all about creating homes and communities where our true human experience, in all their beauty, joy and tragedy, are freely spoken and lovingly welcomed, honoured, held and embraced.

It’s all about respecting the vulnerability of your own heart, your partner’s heart, and in-deed, every human heart”

Brenner, H., & Letich, L. (2023, January 16). *Emotional Safety: What is it and why it’s important*. Psychology Today.

<https://www.psychologytoday.com/nz/blog/the-art-of-feeling/202301/emotional-safety-what-it-is-and-why-its-important>

Queenstown 10km Run



18th November 2023!

PUSHING YOURSELF FORWARD

When I moved to the South Island I thought ticking off the Queenstown 10km would happen straight away, as it's been on my bucket list for a long time, but 2023 has been set, to be the year!

A couple of good friends introduced me to jogging many years ago but it wasn't something that came naturally to me. Then I unexpectedly went through a break-up, and suddenly became at a crossroads in my life and felt like I had a choice. I could either drown my sorrows in alcohol and feel sorry for myself, or do something empowering for me.

When my friend offered to take me out jogging, I was worried I'd hold her back as she had amazingly done the London marathon, and my fitness levels were on the other side of the chart! However, I put my trust in her and our friendship and said yes.

We started off slow and used trees and signposts as markers to aim towards. I won't lie, it was hard. My breathing wasn't in sync and there were moments where all my emotions would come to the surface and I would feel overwhelmed and would cry. In amongst all the pain, there were also moments where anger would boil up inside me, but these moments surprisingly spurred me on to push through the pain which would fuel me further. Whilst I went through the experience, there were also many beautiful moments, where I allowed the nature and friendship to heal me. My friend and I would laugh, reminisce and experience the highs and lows of the pain staking experience together, in all its glory.

This time, several years later, I'm trying jogging without all the emotional turmoil. I'm in no shape or form an athlete, I'm definitely not a speed demon, and I still don't think jogging is my strength! But... there is something so energizing and freeing to be out in nature, to work towards a goal that pushes your ability, and to do something that you've always wanted to!

What has empowered you, or pushed you forward lately?

Dealing with disappointment

We've all had to deal with disappointment in our lives at some point, perhaps due to unrequited love, our expectations not being met, or a dent in our pride. There's no doubt that the disappointment we can feel from life experiences, can knock us for six.

It's easy for people to brush it off and say, hey, get over it, life happens; but sometimes, the disappointment is more than what's right in front of us, as it opens up old wounds to cause a loss of hope. A hope that life would be different, a hope that feelings would be reciprocated, a hope that what we've built up in our mind, will come true.

In these situations, it can be helpful to sit with those uncomfortable emotions to evaluate what it is we're actually feeling. If the disappointment is an accumulation of many factors, then this can be a great time to really unpick what's going on. Perhaps there's something missing in our life that we were expecting someone else to fill, perhaps we were wanting the situation to turn out differently but got the same result as before, or perhaps we're disappointed with ourselves for wasting so much time on something that clearly wasn't going to work.

Whatever the situation, it's important to recognise that we do not have control over other people's behaviours and reactions. Instead, we can try and get comfortable with having trust that things will work out the way they should. We can get comfortable with placing our energy into the things within our control and holding onto hope with a bigger picture in mind, rather than the specific details we've become disappointed by. We can also allow the disappointment, to drive us further closer to the dream that we've held onto.

We have the power within us to make great change for ourselves, and dealing with disappointment can be a great catalyst for this.

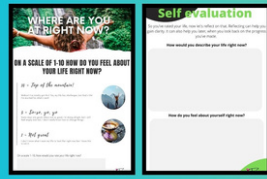
What have you been disappointed by recently, and how can you turn this into a catalyst for change?

**\$69
Special
offer!**

**Reignite your spark for life after heartache
Online course**

Video content

Reflective workbooks



Positive affirmations



Voucher Code: NOVSALE2023

I get it, life is hard. It takes time and effort to build a relationship and make things work and when it doesn't work out as you had hoped, there's a massive hole in your life that can make it easy to feel lost.

Then you can enter into the realm of torturing yourself by scrolling through social media to gauge what they're up to and go through old photographs of the times you shared. Then you can become fixated on the loss and just don't know how to get past it.

I appreciate this is a difficult time and it's completely natural to feel like this, but if time has passed by and you're still feeling this gaping hole in your life, then...

WHAT IF I TOLD YOU THERE WAS AN EMPOWERING WAY THAT COULD HELP YOU TO MOVE FORWARD?

A way that helped you to reflect, reframe your thinking, gain clarity and support your wellbeing to feel good again...



Reflect

Reflect and find hope and possibility to prepare you for the next phase of your life.



Reframe

Reframe your thinking with practical tools to help support you on this journey.



Clarity

Gain clarity so you know where to put your focus.



Wellbeing

Support your wellbeing to help you feel good again.



www.cornishkiwicoach.com

cornishkiwicoach@gmail.com

GUESS WHAT...

YOU CAN GO FROM LONGING FOR THE PAST TO CREATING EXCITEMENT FOR YOUR FUTURE!

This self-paced online course has been created with you in mind. To empower you, to provide you with knowledge and tools to put you in the best position possible to be able to move forward with your life with hope and excitement.

The content has been carefully considered to provide insight, empathy and inspiration. Inside the course, you will find...



VIDEOS

Video content to inspire, empower and give comfort and support.



WORKBOOKS

Workbooks to help you reflect, gain clarity and move forward with your life.



READINGS

Optional readings to learn more about specific topics.



POSITIVE AFFIRMATIONS

Positive affirmations to encourage and support you.

Life is an evolving journey that we go through with many highs and lows. When one door closes, we are faced with possibilities. But those possibilities aren't always clear to us at the time if we aren't open to seeing them to begin with. This course aims to help you to reflect, review, and refresh yourself from the status quo so that you can get excited about your life again and all the potential that lies ahead.

The question is, are you ready? Is now the time for you to take control of your future? To put yourself back in the driver's seat of your life, so that you can gain clarity, find inner peace, and get excited again for your future?

FEEDBACK

"I cried throughout the course. There was so much I hadn't realised, your course really helped me"

"The course gave me the first glimmer of hope I have had since the break-up, which was 9 months ago. It really helped me realise that I won't feel like this forever – thank you"

"I will admit it, I struggled not to text them and ask loads of questions on what went wrong, but I knew that was a bad idea - your course really helped me in those difficult moments"

"The videos really felt like you were directly speaking to me"

"I loved the workbooks that I could work through in my own time, it really helped me think about what it is I wanted for myself so I could work towards this"

FAQ'S

Who is this course for?

This course is for those who have experienced heartache and are feeling ready to move forward with their life, but are feeling stuck.

How is the course set up?

The course is 100% online and has been created so that you can dip into different topics that feel relevant to you. The course is broken down into 5 modules that take you through an empowering journey. Topics covered include grief, looking after yourself and letting go, taking action, overcoming bumps in the road, and celebrating you. This course aims to help you understand yourself and the journey you're on so that you can get excited about your life again. The course is filled with downloadable workbooks, video clips, and links to further information. You can type your answers directly into the workbook and save it to your computer, print it off and write in it, or write your answers down in your own journal.

How long do I have to complete the course?

There is no timeframe for completing the course.
You can pick it up and come back to it, whenever you choose.

What if I have problems accessing the course?

If you have any problems accessing the course or any content material, please contact Tessa at cornishkiwicoach@gmail.com and she will assist you and do what she can to rectify the situation. If for any reason you do not receive an email, please check your spam, social/promotions tabs.

How do I sign up?

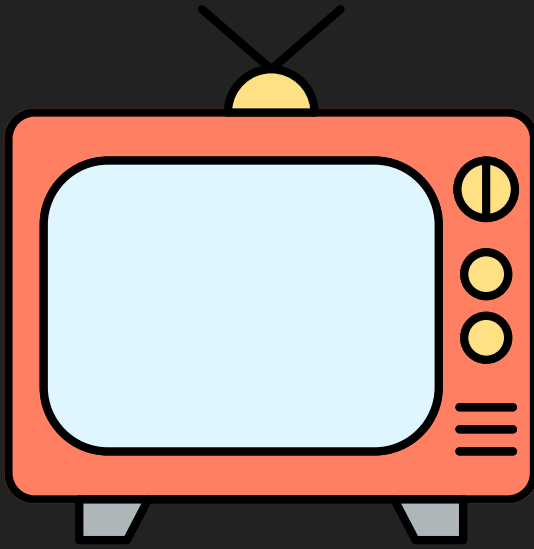
You can sign up to the course by going to <https://www.cornishkiwicoach.com/courses>
At the bottom of that page there will be a 'learn more' button.

You will then be directed to 'sign up' and create an account (this is so that you can log into the course in the future). You will need to activate your account by confirming your email address (you'll be sent an email to do this). Then you'll be able to pay for the course and use the code to get this at the discounted price, and will have instant access to the content!

**YOU DESERVE TO BE HAPPY AND TO LOVE YOUR LIFE,
ARE YOU READY TO TAKE THE LEAD?**

Voucher Code: NOVSALE2023

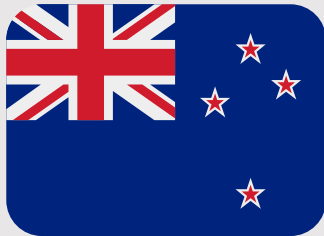
<https://www.cornishkiwicoach.com/courses>



WORLD TV DAY 21 NOVEMBER 2023

Interestingly, there is a world observance day for television which has been celebrated since 1997! The device that can often be found as the focal point in most people's living room, will share, inform, educate, and entertain! Some people will have rituals and habits they carry out such as eating dinner on the sofa whilst they watch their favourite TV show, whilst others will reserve it for their full attention whilst they get involved in films or sports. Whatever the habit, it's a household item that is proving to hold up to the test of time.

So as one household item we can all quite possibly relate to, here are some TV classics from England and New Zealand, to take you on a trip down memory lane!



Outrageous Fortune
Billy T James
Go Girls
Bro' Town
Jono and Ben



MacGyver
Art Attack
Grange Hill
Gladiators
Gummy Bears
Inspector gadget

SELF-CARE E-PACKAGE

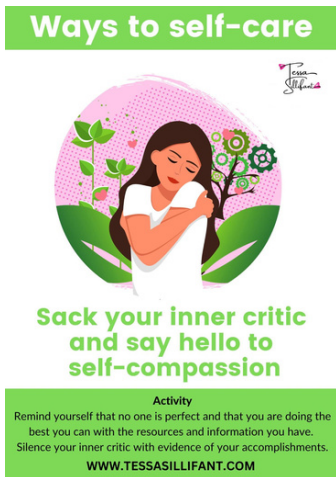
Are you busy and in need of some gentle self-care reminders to help you look after yourself and function at your best?

WHAT'S INCLUDED?

25 x electronic visual affirmations with accompanying activities.

1 x e-book highlighting the benefits of each self-care activity along with tips to implement.

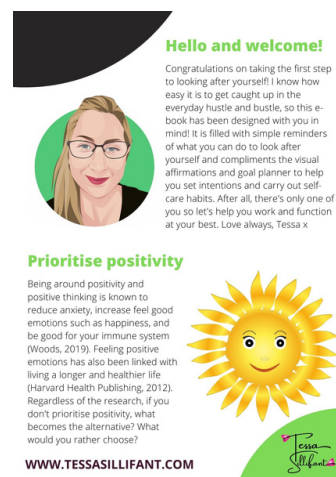
1 x electronic self-care goal planner to help you set intentions and carry out healthy self-care habits.



Visual affirmation example



Self-care e-book Cover



Self-care e-book inside example



Self-care Goal Planner Cover

BUY NOW!

Or go to
www.cornishkiwicoach.com



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RELEASED, YOU CAN 'JOIN THE CLUB' TO SUBSCRIBE FOR
FREE**

SPECIAL THANKS

COVER PHOTO

IMAGE BY DAMIAN NIOLET FROM PIXABAY

ZINE DESIGN

CANVA



A taste of Queenstown

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