



## CATHY'S ART OF BEING BRILLIANT!



After attending The Art of Being Brilliant sessions delivered by Vicky Bailey, Cathy was able to take what she had learnt and put it straight into practice. Cathy could see her demanding role was affecting all aspects of her work and home life. Before the sessions, she did not know how to make the changes to benefit both her role and her home-life balance. The principles delivered as part of the training allowed Cathy to find solutions and gave her both the confidence and tools required to make the changes for herself.

### CATHY'S STORY:

Cathy has worked in the NHS for 21 years, heading up a large team working directly with schools. This is a difficult and chaotic work arena that has to be managed with minimum staffing levels, large caseloads and often unmanageable deadlines.

It was so stressful that Cathy was almost ill; she never had time to go on holiday, not wanting to abandon her client caseload. Added to that she had a 21 year old daughter who was being treated for a 5 year anorexia problem.

Cathy's life seemed to be on hold while she tried to solve other people's difficulties. Whilst attending a half day training course with her team; she heard about The Art of Being Brilliant and thought "Maybe this could help me".





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## THE CHANGES:

**We asked Cathy to tell us what changed for her, after attending the sessions:**

*"This course has helped me to change the way I do things" said Cathy; "I really wanted to do something with my life but felt that it was slipping past and I couldn't control it. Before this course, I didn't realise just how negative I had become. Vicky as a trainer is so inspirational, that it made me think I ought to listen and actually give it a try. It gave me the determination to change the way I usually react to things.*

*I had been trying to lose weight for years, and this course gave me the spur that made a difference to the outcome. I took up running and actually entered a Race for Life Event, so I had to keep*

*up with the training and make time for me. I did lose the weight I had been trying to shift for years!"*

**Cathy went on;** *"Even my husband used to worry about how I would be after a difficult work meeting. He is really pleased that now, instead of feeling responsible for solving the issues of my whole caseload; I understand that I can only do my part. You can't make someone change their lifestyle or bad habit, and that has been a huge realisation for me, not to blame myself for other people's problems.*

*Changing your inbuilt default settings is not easy, but The Art of Being Brilliant has made me realise that there is another way to do things."*

## THE RESULTS:

**We asked Cathy what The Art of Being Brilliant had changed for her and this is what she said:**

*"I was buzzing from it. I learned that it's all right to have some time for myself, something I rarely ever did. The first thing I did was book a week's holiday and went away with my husband for the first time ever! I decided I wasn't going to get stressed or anxious about work again. As a health professional I have always felt responsible for fixing every problem, but after this course, I now think; "hang on a minute, no you don't"; there are other people who also have responsibilities to fix things."*

*"I hate doing role-plays, so the way this course was run – not using role plays, and Vicky's enthusiasm and charisma was completely inspiring. I don't know if it was the time or the message that was right, or just the way it was delivered, but I learned something about myself and felt inspired by it."*

**We asked Cathy if she could give us an example of what is different for her after the course, and she told us:**

*"Well, my default setting used to be always negative, but now I look at situations and say, I will do this and that for them, and I don't think that I can solve everyone's problems anymore. I have given myself permission to achieve what is possible and I understand that it is in the realm of the person I am working with to actually take on my advice or make the changes they need to make. If they don't listen or take on my advice then I don't blame myself for it anymore."*

**Cathy told us that the non-judgemental way that Vicky delivered the course made her feel comfortable and enabled her to be open to it and act on it. In fact, Cathy has asked us to deliver this course to her whole team, to improve their work life, their home life and their personal development too, and we are very happy to do that for her.**