

**SiGNAL**



# MINDSET & MOTIVATION

SIGNAL BIZHUB COLLABORATION SESSION  
19 FEB 2021

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We've had some truly inspirational talks this month to help inspire and motivate you to get back in the groove and make moves with your business in 2021.

Renowned elite athlete Susie Chan was our first inspirational guest at the BiZHUB for Mindset and Motivation month.

Did you miss it? [Click Here](#)

Did she inspire you and fire you up?

Did you do anything positive as a result?

Share any insights...



Beth Hood was our next Mindset and Motivation speaker and shared her wisdom on the importance of understanding your purpose in order to be a great leader.

Did you miss it? [Click Here](#)

We thought Beth conducted a really great exercise in her talk so let's revisit it today. Reflect and share your insights.

What makes you come alive?

When are you most in your element?

Where can you add the greatest value?

How will you measure your life?



# Ask the experts...

We asked some members of the BizHub who work in the wellness industry to share their insights – thank you so much to Lorna Smith, Shanagh Telford, Sue Bond and Joanna Hoddinott for participating and sharing their wisdom with us.

Here is a summary of their advice – please do contact them directly if you would like to know more.

## Lorna Smith's Top Tips

- Care for your customers
- Walk the walk
- Every day is a school day – keep learning!
- Work on personal development
- Have fun!

How do you score on these? Give yourself a score of 1 – 5 on each one (5 is fabulous and 1 is weak). How did you do?

Share your insights

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# Ask the experts...

## Shanagh Telford's Top Tip

"Procrastination is the perfect solution you have discovered to protect yourself from danger"

What do you routinely put off in your business? Why?

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## Joanna Hoddinott's 5 Tips for a Healthy Mindset

1. Plan your week for exercise & activity
2. Make it fun
3. Build up incrementally
4. Fake it until you make it
5. Eat right and think right

On a scale of 1 – 5 (5 is fabulous and 1 is weak), how healthy is your mindset right now?  
 Do you need help to improve it?

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# Ask the experts...

## Sue Bonds's Top 5 Essential Oils for a Positive Mindset

### **Eucalyptus globulus**

- Reduces patterns of negative thinking
- Brings clarity, helps with concentration and increases vitality
- Clears and uplifts

### **Grapefruit (Citrus paradisi)**

- Renews the spirit and balances emotions
- Refreshing & uplifting, balancing and stimulating effect on the mind and body
- Eases tension from daily stress.

### **Rosemary (Rosmarinus officinalis)**

- Increases feelings of self-confidence and self-worth
- Offers relief when overworked or fatigued
- Uplifting and energising - improves memory, focus and attention span.

### **Peppermint (Mentha piperita)**

- Awakens and refreshes the senses, reviving
- Improves concentration for the task at hand
- Restores feelings of comfort and ease Stimulates new ideas and creativity.

### **Sweet Orange (Citrus sinensis)**

- Sweet, fruity aroma provides courage when overwhelmed, comforting and warming to the spirit and inspires abundance
- Brings energy, brightness and positivity when emotionally down
- Encourages a positive outlook

Check out Sue's [YouTube video](#) for more info on the use of oils for a positive mindset

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# In conclusion

Having explored all the materials from Mindset and Motivation week, here is an exercise to think about.

**What do you need to START?**

**What do you need to STOP?**

**What do you need to CONTINUE?**

**What do you need to DO DIFFERENTLY?**

**Make a note here of anything you would like to bring to the Mastermind next week!**

**SiGNAL BiZHUB provides award-winning business support and training for self-employed people and small business owners.**

**BiZHUB members are part of a supportive and collaborative community of people who want to learn, grow and be inspired by each other's success.**

**Our business training and support gives you the tools you need to build a sustainable business. And our nurturing and friendly culture provides members with a supportive environment to develop their business and grow their business and income.**

**Don't do it alone. Join a vibrant local business community to learn and grow together.**

**Find out more about the SiGNAL BiZHUB by visiting our website.**

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