

Owning your Identity

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NADSN



Who is Result CIC?

Community Interest Company (social enterprise)

*‘Confidently different,
we empower marginalised groups to
become positive role models’*



www.resultcic.com

Today

- Who defines you?
- What makes up your identity?
 - What are the different elements of your identity?
 - The strengths you have developed as a result.
 - What barriers are there (perceived or real)?
 - Using your strengths to overcome the barriers.
- What label(s) define you?

Who defines you?

**What makes up your
identity?**



Key points

I discovered..

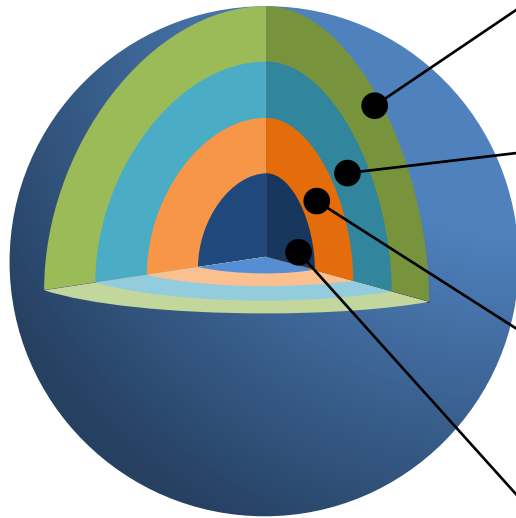
- How important my values were
- I could define the terms of success

I became....

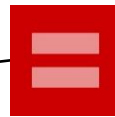
- More resilient
- More relaxed and less concerned with others' impressions

I am.....

- Still me – musician, linguist, speaker, GSOH – and happier



Degree/Refugee/British on to a successful career as engineer and business development.



Gay – came out but not fully – only to select friends/family. Big internal struggle and within family.



Major mental breakdown and hospitalized over a 2 year period. Lowest point in my life.



Re-evaluation of aims, important aspects in life, wishes and limiting beliefs. Coach and trainer.

Authentic self and peace at last.

Key points

I discovered..

- I was a closed person
- Fearful of sharing too much of myself
- Saw asking for help as a weakness

I became....

- Aware of my real values
- More aware of strengths and what I want
- Aware of limiting beliefs

I am.....

- The authentic me

You and your strengths

Part 1: strengths developed from the different and combined elements of your identity



Overcoming barriers

Part 2: Barriers

- What do you think: are your added barriers because of who you are?
- Have you examined whether these may be perceived or real?
- How can you evaluate this?

Part 3: Overcoming barriers

- Think about your strengths and how you have used them to overcome barriers ...
- ... what one thing can you take away with you and use positively?

Labels!

Feedback/questions



Thank you.

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