



Hello and welcome to February's Newsletter.

The Confidence Clinic's have been running for a year now and I would like to thank everyone for their support over the last year and heres to helping many more people achieve their potential in the years to come!

At this months Clinic I an introduced us to "The Real Differences Between Man and Women", it was such a massive hit at our Cumbrian Confidence Clinic that I an is going to run it nationwide at all the other Confidence Clinic's around the Country! So a massive thank-you to everyone who attended, especially the boys who were a bit out numbered!

Here are some reminders of the evening:

Do you think Men are from Mars and Women are from Venus? Well the truth is we are all from the planet earth. The reason men can't multi-task is because women tell them they can't and because they don't practise doing it. Another truth is that we are just guessing about what happened in the olden days of cavemen because non of us were there.

The Men grouped together and the Women grouped together and we made a list of the stereotypical opposite sex:

Men's List	Women's List
Bad moods 3 out of 4 weeks	Can't admit when their wrong
Not good at heavy labouring	Asume a women won't know
Can't read Maps	Can't pack a suitcase
Can't park a car	Make a mess
Good at housekeeping	Don't read instructions
Can make a longer list of what Men can't do	Tactless
Love clothes shopping	Not good at organisation
Ask rhetorical questions	Can't put things on washing basket
Better gossips	Don't listen
Good at ear wiggling	Always have to have last word
Never share bath water - but you have to share theirs	Can't see for looking
Always in the right	Think your psychic
Have always got a headache	Over exaggerate size
Can't concentrate on one thing properly	Forget special occasions
	Thinks he's always right
	Act like children when drunk
	Put cars and football first
	Sulk
	Man Flu
	Don't share the imaginitive mind of a woman
	Can't keep their noses out
	Men can do DI Y
	Men can read maps
	Men are better with cars
	Men are pysicaly stronger

We then swapped lists and crossed off anything that we know a member of the opposite sex does eg, if the women knew a man who couldn't park a car they could cross it off the list. This way we could find out the real differences! The results were surprising, the men crossed out absolutely everything from the women's list, therefore they knew women that do all the stereotypical things men do. The women however left 3 things on their list:

- 1 Can make a longer list of what men can't do (agreed women can make a longer list)
- 2 Never share bath water - but you have to share theirs (agreed, no-one knew a woman who would get in a man's bath water)
- 3 Have always got a headache (agreed, this one was obviously about sex, and no-one knew a man who ever made an excuse!)

So why do we see relevance in stereotypes?

We only know our own thoughts and most of what we think is unconscious.

Most of us go through life on autopilot and mimic others' behaviour.

Men = 70% male energy and 30% female energy

Women = 70% female energy and 30% male energy

Men want to PROTECT women

Women want to SUPPORT men

So men make sure your woman knows you are supporting her and women make sure your man knows he is protecting you!

News

I'm flying solo in March! I am extremely busy in March and won't be able to make it up to Cumbria, so I am running the Confidence Clinic by myself!! This Clinic will focus on techniques to help you build your confidence and overcome anxieties. I really hope you can make it!! More information to follow shortly.

Thank- you for reading

Caroline x