



“I was successful...but I still didn't feel good.”

From a very early age, I've felt like a freak. You'd never have guessed because I look somewhat “successful” from the outside and I learned the codes – but these codes weren't my codes.

Feeling like a freak

From a very early age, I've felt like a freak. Someone who didn't fit neatly into society.

I've learned the codes, but those codes weren't my codes. They were the codes my parents and other authorities had embedded within me.

These differences increased over time.

I felt that my true personality was getting further from who I was.

Of course, I couldn't analyse it this way at the time, but now I know this was the case, always feeling out of place...like a freak.

Thinking and doing...differently

After university, I still managed to get a job. But again not like the other people on my business degree.

Not one single big organisation wanted someone like me.

I was always described as “too strong-minded” or “too much”. Someone who wouldn't “do as she's told” or “do it the way we do it”.

“Even with multiple self-development courses and endless self-help books, I couldn't get to the core of who I was or what I needed to feel truly satisfied.”

SUMMARY

Problem

Feeling odd or different to the norm left Shauna feeling like an outsider. Until she realised her differences were her Superpowers, that she needed to harness to design her version of success.

Programme

The Speedy Sherpa – 1-2-1

Conclusion

Designing her business around her Superpowers doubled her revenue within 12 months.

Success - in their eyes, not mine

Yet, I've succeeded in reaching most of my life goals — having my own company, children, and a lovely house in the countryside.

From the outside, it would appear that I am successful—even if I don't fit into the normal codes. I guess..I am.

But this feeling of bizarreness was always there.

I always felt that something was missing within me.



Stuck but trying hard to unstick myself

Even with multiple self-development courses and endless self-help books, I couldn't get to the core of who I really am or how to reach this inner person.

I felt trapped in a cocoon, waiting to become a beautiful butterfly.

Yet, never being able to see a way out.

Stage one: Not a freak at all!

The first early stage of our work together was a revelation! I'm not a freak after all...I'm just different.

I have some natural strengths and weaknesses, like everyone else.

In our very first session together, you made me understand why I could never have worked in a big corporation.

It had nothing to do with not being "good enough".

My personality and strengths were something that big organisations typically didn't want or need.

It changed my perception of myself and the world around me.

The next lightbulb moment happened when I realised that although I couldn't work *within* big organisations, I could work *with* big organisations - by offering something they lacked and needed.

It was an absolute eye-opener for me.

You found my "freak factor" (I think you call this "uniqueness") and you gave me reassurance that this was powerful and that it had huge potential.



Stage two: Phew! I'm in the right role.

A week after our deep-dive session, you revealed my Superpowers to me.

I was delighted to discover that I'd accidentally designed my business around my Superpowers.

The specific business I had chosen to create was irrelevant since I could be making gin, repairing vintage cars, or designing nuclear waste disposal systems. It wouldn't matter as long as I was using my Superpowers. Phew!



My Superpowered mantra

Then we condensed my Superpowers into one word each so that I could hang them on the walls of my office and kitchen.

By keeping them visible, they've become my daily mantra.

My bigger vision of life - the talents and skills I want to put into every aspect of life.

Stage three: Superproblems for others that excite me.

We moved on to understanding which problems to point my Superpowers at to achieve greatest impact and make me feel more personally successful.

Covid had hit the country and the phone had stopped ringing six months ago.

I asked myself: "How can I bring in some new business by using my Superpowers?"

I now felt confident in my Superpowers - and had my evidence document that you'd created for proof - so knew with some time and focus I would be able to generate ideas.

And I found a brilliant idea that could be done from my home office - until the world opened.

It brought me new revenue and exciting work while I waited for the bigger projects to come back to life.

Stage Four: Practical redesign of work and life.

Once I changed the things that needed to be changed on the specific levels, I was able to see the bigger picture of how to use these Superpowers to make my life easier—both at work and beyond.

I started with the few things that bugged me in the day-to-day life:

"After my newfound, long-held Superpowers started to sink in, I felt frightened. Because those Superpowers, in the wrong circumstances, could become my worst weaknesses. I needed to think more about how, when and with whom I used my Superpowers."

BROADER IMPACTS OUR WORK HAD ON ME

THINGS I USED TO TELL MYSELF...

I'm not qualified to do the job I do:

In hindsight, this was the biggest problem of all. Since I'm not an engineer and come from a business background, I didn't believe that I was qualified to do my job.

By knowing my Superpowers I realised that, of course, I can do the job!

I have been doing it since 2007 and making a living out of it, but I still didn't believe it!

Using my five superpowers has allowed me to understand that I designed the perfect job for myself and could, therefore, thrive in it.

Life hasn't been the same since learning my Superpowers - I take pleasure in doing the tasks I hated before and do them quicker than I thought possible.

I can't earn a lot of money / I can't develop a big company / I can't develop innovative processes:

Again, it is about feeling qualified in what I do. I can do all those things using my Superpowers, so nothing is impossible.

I'm badly organised

Well, in fact, I plan my business trips meticulously in advance and feel confident and reassured as I've thought through and planned for every eventuality.

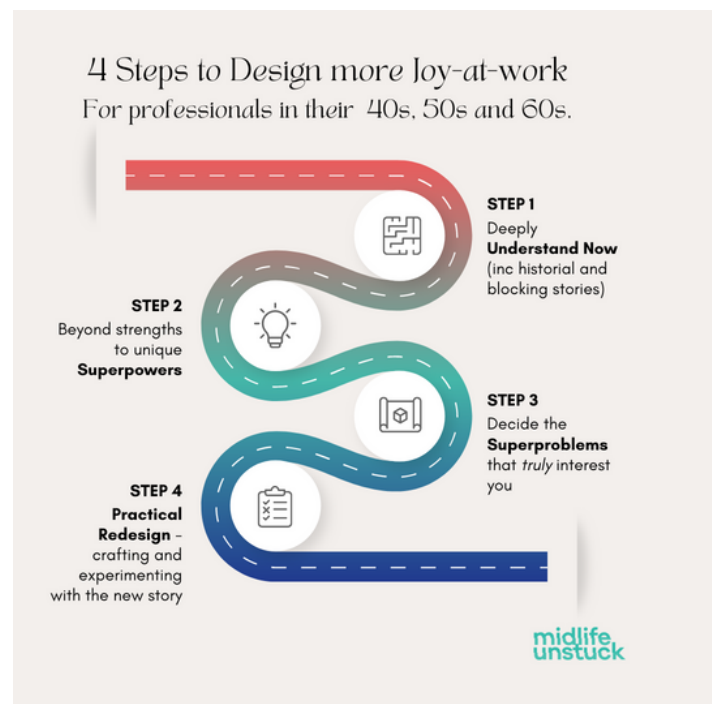
However, my office is a nightmare; I waste so much time trying to find things.

By changing my self-talk and pointing one of my Superpowers at coming up with a new way to organise everything, the task is nearly complete. I stopped putting pressure on myself to organise it perfectly and instead organised it my way.

I should stick to a regular routine :

I hate routine. So I stopped trying to have a "normal" work routine.

I now use routine when it works for me, but I've stopped judging myself for my patterns of work which are more fluid than most, so that I can do my best work at the hours that are right for me.





One year later...

Financial Results

Choosing to focus one of my Superpowers on my business has opened up a new line of revenue that has allowed me to double my business revenue for the year following our time together.

It hasn't been a grind

It's been fun and exciting.

And I am confident that no matter how the market changes in the future, I have the skills, talents and Superpowers to adapt and make the most of those changes.

Time for action?

Book in to discuss whether this programme would work for your specific situation [HERE](#).

Parting Words

For years I've been learning about myself and my feelings.

And trying to understand other people's feelings and situations, not realising that I also needed to get a strong base of actions.

You also made me realise that I was using one of my Superpowers to analyse problems rather than taking practical action to begin to alleviate them.

I've turned from circling emotional problems to doing practical things to overcome them, turning emotions into actions.

Thanks again, Lucia, for all your help.

It's been a fantastic journey that will carry on for me as I feel that I'm becoming stronger and stronger by the day.

PS. You're not a career coach or a life coach. You teach people to fly.