



Finding Your Voice From quiet player to “Man of the Match”

Have you ever found yourself hesitant to speak up in class or holding back on making comments or criticisms of others? Do you find it hard at times to really express yourself, letting others know how you feel and where you stand on things?

We will change that.

Many teenagers have this experience.

Often the fear of being laughed at, criticised in return, or of being rejected outright by others is such a strong fear that it compels people to play it safe, keep their thoughts and opinions to themselves, and in essence, to silence their own voice.

This is no way to truly live. It is disempowering.

We’ve had many teenagers attending HeroPath For Teens programmes who have asked for help to find the confidence to speak up and express themselves. Often this has to do with wanting the confidence to speak to new people, to join in class discussions or to offer their honest opinions of (and to) others.

Recently we had a 16 year old boy ask about an interesting variation of this. He had no problem speaking up in his classes and no problem speaking to new people. In fact, he was remarkably comfortable in a social setting. His challenge was speaking up and taking the initiative to lead others on the football pitch.

He described to us how he knew he was a very smart player, who understood the subtle details of the game better than many of teammates did. Nonetheless, when it came to taking a leadership role on the pitch, he was surprisingly reserved.



Rather than aggressively shout out to the other players and instruct them on where to position themselves in the midst of the action in a game, he found himself consistently staying quiet. Repeatedly he found that what he would have instructed them to do would have, in fact, been the best thing for the play that unfolded.

This gave him confidence about his insights into the game, but he still lacked the self-assurance to speak up and command others as a leader of the team.

He not only wanted this to change, he was ready for it to change.

What was interesting yet not surprising, was that as he described his dilemma, others in the room nodded their heads as well.

Not that they had the same challenge in sports, rather that they too had experienced plenty of times in their own lives when they failed to speak up and use their voice, when they wanted to and really wished they had. They were curious to find out if what we do in this programme would really work in a situation like this.

It did.

A few weeks after the course, the boy emailed me via facebook to let me know that not only did he take this new-found confidence onto the pitch with him in the next game, but that he was rewarded by being made "Man of the Match". His exact words to me were, ***"I noticed when I feel more confident on the pitch telling people what to do it also improves my game as well!"***

This could be you too.

The process we'll teach you at HeroPath For Teens™ works. It will make you more confident. It will empower you to be yourself, offer your opinions and contribute what you can to the world.

Even as a teenager you know that the days go by too quickly and the opportunities to really go after what you want in life are too few to let them continue to pass by without really asserting yourself, speaking up, and going after the things you really want in life.

Spend one weekend with us. Learn the amazing process we teach. Empower yourself to go out and be the person you want to be, to go after what you really want and truly lead an extraordinary life.

**Limited spaces remain for the
19-21 November 2010 & 21-23 January 2011 programs.**

We ALWAYS 100% GUARANTEE that our approach will work.

To learn more and enroll now, contact Des Barry at:

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