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Article: "Dare to be Rubbish" – Mairéad Whyte.

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"DARE TO BE RUBBISH"

Life Coach Mairéad White is asking locals to "imagine the internal freedom you could have if you allowed yourself the permission to dare to be rubbish when you started out to do something new". Whilst most of us shy away from the thought of failing in any area of our life, Mairéad teaches a revolutionary new approach to goal-setting and will reveal all when she addresses at the Malton in August 2009. Mairéad is a Qualified Professional Life Coach, a Motivation Speaker, a Practitioner of Neuro-Linguistic Programming (NLP), and she is a writer of publications on life skills. She is a respected coach in the UK and is a member of the UK Coaching Academy. Mairéad's career spans fourteen years in Senior Management and Company Directorship in Corporations and Businesses. Additionally, she holds a Bachelor of Electronic Engineering Degree, a Higher Diploma in Mathematics and is a Certified Project Management Professional. Mairéad has lived and worked as an international consultant in Sweden, Switzerland, London and Dublin. She has travelled throughout the world and has presented at conferences globally.

"Building more confidence, setting goals and enabling yourself to set memories before they happen is for those of you who want to do more in your life and maximise your already huge potential. One way is to visualise and another way is to set practical goals in a way that you can successfully measure the desired outcome. The smartest way is to do a combination of both. A dream is a goal without a date! So if you put your dreamers hat on and allow yourself to dream, then put a planning hat on and start creating an action plan with dates to make the dream happen, and finally put your critic hat on and criticise your plan until it is reasonable and doable while at the same time never criticising your dream; you too will find an amazing tower of strength within yourself and can start making it possible to achieve those things you had not viewed probable before" Mairéad explained. "To kick start, you first must allow yourself some permission. Successful people have more set-backs than anyone else, because they continuously stretch themselves into unknown territory to build more success.

"The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, they make them." – George Bernard Shaw. Mairéad will hold a number of seminars at the Malton Hotel, Killarney.

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