



KiE News letter

KiE Learnings, KiE Concepts, KiE ideas

www.kiechelle.com

May 2012

Dreams and why you MUST follow them!

Welcome! In this newsletter I want to focus on taking the next steps and look at the importance of following your dreams. What do you need to **Step up** to in your life?



There was once a time in my life where I wanted 'comfortable', becoming more or stepping up to what I can really do wasn't really a big deal. My life was ok, my work was ok, even though deep down I would feel the twinges of 'what if'. I knew I had the potential to become something greater than I can even imagine. But somehow my life started to become a Sunday afternoon. There is such comfort in hiding away, pulling the duvet up, closing the blinds, snacking on junk...and just burying yourself in some meaningless task. But you can only do that for a period of time until it starts to play on your mind. Then one day I came across a piece of writing by one of my favourite authors, Paulo Coelho. It knocked me off my feet! I had to take a moment to digest it. It spoke to the deepest part of me. It resonated with every drop of blood that flowed in my veins. And in that momentat the end of reading that passage ...I knew I would never be the same again.

The Good Fight by Paulo Coelho



In 1986, I went for the first and only time on the pilgrimage known as the Way to Santiago, an experience I described in my first book. We had just finished walking up a small hill, a village

appeared on the horizon, and it was then that my guide, whom I shall call Petrus (although that was not his name), said to me:

- We must never stop dreaming. Dreams provide nourishment for the soul, just as a meal does for the body. Many times in our lives we see our dreams shattered and our desires frustrated, but we have to continue dreaming. If we don't, our soul dies

'The Good Fight is the one we Fight because our heart asks it of us. The Good Fight is the one that's fought in the name of our dreams. When we are young our dreams first explode inside us with all of their force, we are very courageous, but we haven't yet learned how to Fight. With great effort, we learn how to Fight, but by then we no longer have the courage to go into combat. So we turn against ourselves and do battle within. We become our own worst enemy. We say that our dreams were childish, or too difficult to realize, or the result of our not having known enough about life. We kill our dreams because we are afraid to Fight the Good Fight.

"The first symptom of the process of killing our dreams is lack of time. The busiest people I have known in my life always have time enough to do everything. Those who do nothing are always tired and pay no attention to the little amount of work

they are required to do. They complain constantly that the day is too short. The Truth is, they are afraid to Fight the Good Fight...

"The second symptom of the death of our dreams lies in our certainties. Because we don't want to see life as a grand adventure, we begin to think of ourselves as wise and fair and correct in asking so little of life. We look beyond the walls of our day-to-day existence, and we hear the sound of lances breaking, we smell the dust and the sweat, and we see the great defeats and the fire in the eyes of the warriors. But we never see the delight, the immense delight in the hearts of those engaged in the battle. For them, neither victory nor defeat is important; what's important is only that they are Fighting the Good Fight.

"And, finally, the third symptom of the passing of our dreams is peace. Life becomes a Sunday afternoon; we ask for nothing grand, and we cease to demand anything more than we are willing to give. In that state we think of ourselves as being mature; we put aside the fantasies of our youth, and we seek personal and professional achievement. We are surprised when people our age say that they still want this or that out of life. But really, deep in our hearts, we know that what has happened is that we have renounced the battle for our dreams-we have refused to Fight the Good Fight.

"When we renounce our dreams and find peace, we go through a period of tranquillity. But the dead dreams begin to rot within us and to infect our entire being. We become cruel to those around us, and then we begin to direct this cruelty against ourselves.

"What we sought to avoid in combat-disappointment and defeat-came upon us because of our cowardice. And one day, the dead, spoiled dreams make it difficult to breath, and we actually seek death. It's death that frees us from our certainties, from our work, and from that terrible peace of Sunday afternoons."

in "The Pilgrimage" (1987)

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Free Confidence course online, in the comfort of your own home....

Please visit www.kiechelle.com

Course summary

Week 1 . Tutorial 1

Planning and preparing. Getting ready. Moving ahead, getting organised. Analysis of 'the now' in order to move forward.

Week 2. Tutorial 2

Challenging beliefs about confidence, creating a confidence vision board [if you have all the confidence and self esteem –what can you achieve?]

Week 3. Tutorial 3

Top Strategies for Top Confidence.

Week 4. Tutorial 4

The challenge. Making it happen!

Week 5. Tutorial 5.

Embed , consolidate and reinforce new programming and self image.

Week 6. Tutorial 6

Stepping up and standing out–armed with new confidence & celebrating your achievement.

ASK THE CONFIDENCE STRATEGIST

Q. I have a driving test coming up so I am a bit anxious, can you give me some advice on how to keep calm and collected –by A.

Khogali

A. Practice visualisation. See yourself in your mind's eye, being confident, being in control, smiling because all the past information is available in your mind for easy access. Practice as much as you can, whenever you can, for as long as you can.

**So go on
ASK ME 😊**

I look forward to bringing you lots of resources, insights and tools! Stay tuned 😊

**Confidence
Strategist**

The Leadership Academy is going Global!

I have been researching opportunities to work with young people in schools/college and with organisations involved in working with young people in other countries. The information and interest this has generated has been amazing!! As I have founded, launched, manage and run a Leadership Academy within a 6th form setting for two years now this has prepared me well to take this training not only nationally but globally. Watch this space!!



"As an ex-student at Sir George Monoux College I can definitely say that Kiechelle has been instrumental in shaping who I am today. She has been an amazing mentor in terms of leadership, following your passion and always taking the positives from all situations. Her bright outlook on life is contagious and a breath of fresh air and something I appreciate more now that I work part time at SGM alongside my university degree. One major thing I have learnt from Kiechelle is how to create opportunities for yourself where ever you work so that work is not a burden but something you look forward to every morning. Kiechelle is truly exceptional, so glad to have her as a role model and mentor" - Zahra Akinpeju student SOAS University



Live, Love, Laugh, learn

www.kiechelle.com

Kiechelle@kiechelle.com

If you would like to connect with me please email Kiechelle@kiechelle.com