Owning your Identity

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NADSN
Who is Result CIC?

Community Interest Company (social enterprise)

‘Confidently different, we empower marginalised groups to become positive role models’

www.resultcic.com
Today

• Who defines you?

• What makes up your identity?
  – What are the different elements of your identity?
  – The strengths you have developed as a result.
  – What barriers are there (perceived or real)?
  – Using your strengths to overcome the barriers.

• What label(s) define you?
Who defines you?
What makes up your identity?
Key points

I discovered..

• How important my values were
• I could define the terms of success

I became....

• More resilient
• More relaxed and less concerned with others’ impressions

I am.....

• Still me – musician, linguist, speaker, GSOH – and happier
Re-evaluation of aims, important aspects in life, wishes and limiting beliefs. Coach and trainer. Authentic self and peace at last.

Degree/Refugee/British on to a successful career as engineer and business development.

Gay – came out but not fully – only to select friends/family. Big internal struggle and within family.

Major mental breakdown and hospitalized over a 2 year period. Lowest point in my life.
Key points

I discovered..
• I was a closed person
• Fearful of sharing too much of myself
• Saw asking for help as a weakness

I became....
• Aware of my real values
• More aware of strengths and what I want
• Aware of limiting beliefs

I am.....
• The authentic me
You and your strengths
Part 1: strengths developed from the different and combined elements of your identity

- Managing people
- Innovation and flexibility
- Self awareness
- Dealing with challenges
- Resilience
- Communication skills
- Handling time
Overcoming barriers
Part 2: Barriers

• What do you think: are your added barriers because of who you are?
• Have you examined whether these may be perceived or real?
• How can you evaluate this?
Part 3: Overcoming barriers

• Think about your strengths and how you have used them to overcome barriers ...

• ... what one thing can you take away with you and use positively?
Labels!
Feedback/questions
Thank you.

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