

A person with dark hair in a ponytail, wearing a white tank top and blue shorts, stands on a dark, rocky cliff edge. Their arms are outstretched horizontally towards the horizon. The background shows a blue ocean with white waves crashing against the base of the cliff. The sky is a clear, pale blue. The entire image is overlaid with large, diagonal, semi-transparent geometric shapes in shades of gold, grey, and white. The text 'Rachel Bowes' is in a gold script font in the top right, and 'WINNING MINDSET COACH' is in a small, black, sans-serif font below it. In the bottom right, the text 'RE-CLAIM YOUR WINNING MINDSET' is displayed, with 'YOUR' in gold and the rest in black sans-serif font.

Rachel Bowes

WINNING MINDSET COACH

RE-CLAIM **YOUR**
WINNING MINDSET

'How to Clear your Mind, to stay focused in doing what you do best!'

Get clarity and freedom from the grass roots!

I am an Internationally Accredited Life & Mindset Coach. My mission is to help people by empowering them to be the best they can be in a competitive world we live!

I have worked with Sport for many years, publishing hard copy Boxing / MMA Magazines, and providing Event support to Fighters, Promoters, Fans.

I have achieved awards and recognition for the work I have done. I have worked in the Social Care Industry supporting those with Dementia and other Health Conditions.

But it runs deeper, way back to my grass roots: My life has been turbulent shall we say.

I had a difficult childhood, broken family, head injury & trauma, stress & anxiety, panic attacks, lived with another's addiction, abuse... the list goes on
Through all this, I am proud to say life has made me strong. I have been there, done that! I came out the other side And Own a Winning Mindset.

I now want to support people to be the best they can be because we are all Unique and we all have power within us, sometimes life just gets in the way!



I HELP MEN & WOMEN BATTLING WITH THEIR MIND... WHO HAVE TAKEN A WRONG PATH... TO FIND CLARITY, SMASH THROUGH CHALLENGES AND RE-CLAIM THEIR WINNING MINDSET!

Introduction

I've created this EBook with a Mission... to help you RE-CLAIM what you already have A Winning Mindset!

Here you will read some of the topics I cover within coaching sessions, where we break down barriers, face challenges and set goals with thought provoking communication and powerful techniques.

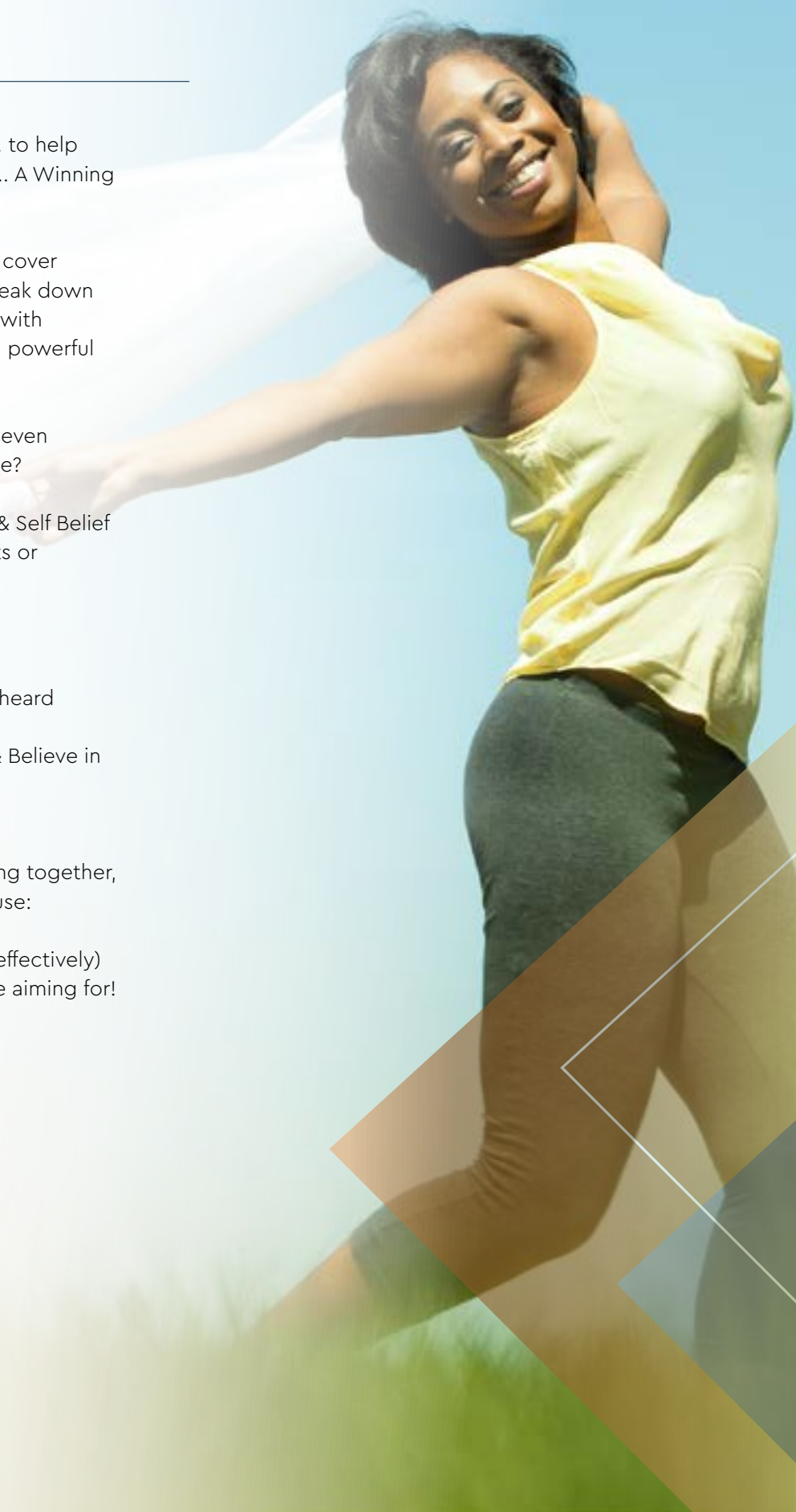
1. Do you feel lonely or misunderstood even though you are surrounded by people?
2. Are you suffering Stress & Anxiety?
3. Do you need a boost in Confidence & Self Belief
4. What if you are involved in bad habits or addiction?

I will empower you to:

- Communicate Better so your voice is heard
- Beat Stress & overcome Anxiety
- Stand your ground with Confidence & Believe in Yourself
- Get Back on Track

In the first step of the process of working together, we will dig deep and work It out Because:

HINT: It is impossible to hit a target (effectively) unless you know EXACTLY what you are aiming for!



Do You Feel Lonely, Or Misunderstood Even Though You Are Surrounded By People?

At any time, almost 1 in 3 people can be lonely. As humans we need to feel connected, accepted and valued in some way.

At any time, almost 1 in 3 people can be lonely. Feeling lonely is mental state. We are human and need to feel connected, accepted and valued in some way.

It could be things like unhappiness in a relationship or isolation following a break-up... illness, injury & pain, addiction or living with another's bad habits.

Perhaps there is that heavy feeling, with so much going on you don't know where to start!

Sports Men & Women can find it especially challenging to speak up because much of their socialisation is of a competitive nature, and often they can feel there is 'no time for talk...' 'talk is cheap', 'people won't want to listen' 'there's a reputation to fulfil' or it could even be a need to 'show Strength and be the protector'!

Perhaps you want something but don't know how to ask for it

But we are all human right? 'It's Good to Talk' ... it really is. Communication is key and can quickly resolve many issues.

The illustration many of us will know is the '69' model, is it a 6 or is it a 9?, depending on what you see – Just because you are right does not mean I am wrong. (Wouldn't the world be boring if we were all the same!)

This perfectly demonstrates the importance of perspective and understanding things from another's point of view. Which is key for resolving or working through conflict.

HINT: If we don't speak up how will people hear!

HINT: If we don't explain how will we ever be understood?

Without good effective communication it is easy to fall into a state of low self esteem and isolation.

HINT: The more we reach out, the more we help ourselves and others.

Have you noticed a time when you spoke about an issue and people immediately could relate, keen to share their story, and you suddenly realise how common the problem actually is?

Who do you trust that you could have a real & meaningful conversation with? Who do you know that has faced similar situations to yours? What happened when they confided in someone? – were they laughed at or were they supported for taking the 1st step?

TIP: Think about someone you trust and admire and how they would communicate in a similar situation.

TIP: Think about your words, are they useful, helpful, meaningful. Will they take you closer to achieving the outcome you desire?

- Communicate so your voice is heard.
- Listen to understand and 'respond instead of 'react!
- Speak positively to achieve better outcomes

Above all, make friends with yourself, and be kind. Joining communities and reaching out for support are good 1st steps to take.

'Communication is your Ticket To Success, if you pay attention and learn to do it effectively' – Theo Gold

Beat Stress & Overcome Anxiety:

There are 2 types of stress, Distress & Stress
Stress – Feelings our bodies go through when facing challenges.

An athlete at the start of a race might sweat, jumping around. Similarly, a fighter may pace up and down the ring or cage before a contest.

This stress, although it may feel uncomfortable is a positive stress caused through the build up to a challenging event. Through action the stress will soon go.

Distress is Fear, a mental process causing a Fight or Flight response, where our minds can fall into a state of anxiety & overwhelm. Symptoms such as brain fog, racing heart, sweaty palms, low mood, inability to make simple decision which can cause us to become stuck!

If long term stress is not addressed, it can lead can to more serious health conditions, the digestive system and can start to deteriorate causing conditions such as IBS.

I'll refer to distress as Stress from now as it is more commonly referred!

HINT: Stress is a hard wired response, we can't stop it WE CAN DEAL WITH IT, effectively.

The mind has tendance to take things personally, and powerfully has the potential to start the stress cycle.

The sub-conscious mind tries to protect us from past bad experiences.

There may have been conflict which ended badly and now the thought of being in someone's company sends us into a state of anxiety, stress

and overwhelm, causing us to avoid situations or it could be other challenging situations, a legal matter, new job, meeting someone for the first time that triggers stress.

TIP: Learn to be aware, accept, and embrace anxiety, it will prepare you to be in the best form to face and respond.

TIP: Slow down and break things down.

TIP: Talk to someone you trust.

TIP: Ask yourself if your own actions are helping towards a situation or goal.

If we know something has to occur, we can do everything in our power to face, prepare and overcome.

Questions to think about

Is my problem life threatening?

Can the issue wait a day or two until I am in a better state of mind?

'You Don't Have to See the Whole Staircase, just take the first step – Martin Luther King'

Stand Your Ground With Confidence & Self Belief:

Maybe bad experiences have left you with doubt, and negativity, or you have been wrongly labelled causing low self-esteem.

Perhaps you have lost in sport and feel deflated or are tired of the same negative situations bringing you down.... whatever the reason it is important to remember things can change at any time.

Confidence is connected to self-belief and the way to re-light that flame is to help yourself! Celebrate yourself and the power of you.

If you believe you are lazy, no good, ugly, a loser, then guess what, you are all those things! because what we feed our minds every day is so important and impactful.

HINT: A diet of fresh fruit, protein, lentils mean our bodies feel good and strong.... Living on fast food can have adverse effect, feelings of laziness, bloated, tired and so on, eventually.

Can you imagine running on the treadmill for 10 minutes, but after a few, you hit that pain point, and just want to stop, give up...it's a battle with your mind! However, more often than not you manage to carry on, and somehow, once you have pushed past the pain barrier the rest of the run becomes easier!

Similarly, what we feed our minds on a daily basis is crucial, it's about consistency. Pushing through the barriers, becoming comfortable with the uncomfortable in order to achieve results. It would be so easier to give up when the going gets tough, but you must keep going, keep pushing forward and support can help you to do this!

HINT: There is nothing wrong in feeling underconfident if you have little knowledge in a certain area.

TIP: Learn more, gain support, take small steps to achieve and develop something in this area to understand more.

TIP: Set small challenges, physical or emotional, once these have been achieved, confidence will grow and you will learn to trust yourself more and more, it's like a healthy addiction, everything will start to feel better.

'I'll never let anyone talk me into not believing in myself' – Muhammed Ali

Have you or someone you know struggled with bad habits?

It's possible we or someone we know has struggled with bad habits or addiction. Here I'll touch on alcohol.

Research from drinkaware.com shows that 48% of adults drink alcohol at least once a week.

But what if it is out of control, what if we're drinking too much or are living with someone else's addiction!

Drinkers often turn to alcohol because they are unhappy with themselves or cannot cope with life's pressure or situations and it is a temporary 'escape from reality'.

Alcohol can serve as a reward, but also a bad habit to find yourself in.

When it gets you....it gets you! A trap that can lead to devastating effects for drinkers and people around them.

Often people who drink will become angry, lose control, suffer stress and financial difficulty and in some ways lead a double life because this is not their true self! They can often lose days or hours of work, suffer health issues and relationships break down,

Partners can be impacted, suffering devastating effects, things like, fear, worry anxiety, resentment, stress, sleepless nights, brain fog, lonely and trapped, not knowing what to do for the best.

Parents may cover things over, feed the addiction, fail to accept, or not know how to help

Children can experience mental health problems, trust and self-confidence issues and have an increased risk of PTSD.

Alcohol when abused can have cruel devastating and long-term impact on so many people.

Which is why it is important to reach out.... Take the first step to recovery and help yourself back to the Real You!

*Everyone is accountable for themselves, until a person wants to change and makes the choice it can be very difficult"

FACT: With time and patience, support and encouragement the road to recovery is possible.

TIP (drinker): Think of the reasons you want to reduce alcohol, what are the benefits? What will overcoming this addiction feel like, sound like. What will overcoming addiction allow you to have?

TIP (other person): Think about encouragement, think about resources around you – people who could help, external support for both you and the drinker (together or separately)

Conclusion

Everything comes from the core – a strong physical core will enhance performance; a strong mental core will help balance the mind and together in harmony these will allow the best opportunity to push forward in life!

If you are preparing for a match, a fight, a race you know it is coming! A wise person will do everything possible to prepare. Healthy diet, training, fitness, mental attitude, coaching and with all resources this will give the BEST opportunity to Win.

This is no difference with your mind and mental wellbeing, and with the right support you can get back on track to a healthier, happier, and clearer path to freedom and re-claim your Winning Mindset:

The Common message through this, is **Communication and Action** – because without positive action you will stay exactly where you are right now!

Whatever you are battling with, know that:

- You are not alone
- Strength begins by letting down a guard
- Nobody is perfect

Positive change is possible when you make that decision! because if you want something... Go Get It!

'Keep Walking Through The Storm, Your Rainbow Is Waiting The Other Side' – Heather Stillfusen

Next Steps

Let's make a new game plan and start with a No Pressure 30-minute FREE call to chat about what's on your mind, use the time to ask any questions and work out if we are a good match to work together,

I want to work with people who:

- Have hope in the future
- Want something better
- Are committed to change
- Are ready to take action

Rachel Bowes
WINNING MINDSET COACH

Book your free 30min session:

www.rachelbowes.com/book-a-session