



Release your Blocks  
&  
Shatter Your Limiting Beliefs

**OWN YOUR STAGE**

# Elsewine Rietveld is Presence teacher, trainer and kinesiologist

## What is Presence?

Some people can walk into any room or appear on videos and feel self-confident, and have a magnetic charisma that draws people to them. They have a pleasant energy and people are curious to learn more about them. How do they do that?

For some people, this comes natural... but most people are unaware of their Presence. It is something that everyone can learn though. Presence is something we all have... but it's not always activated. You can learn how to tap into this amazing power that brings out your uniqueness, your qualities and your charisma.

The presence method also contains some practices focused on uncovering and overcoming blocks & limiting beliefs. Since they hold us back from taking a next step and going to the next level, it's really important to work on them on a regular basis.

## What is Kinesiology?

We are often with our attention in our heads and thinking a lot. Yet, more than 70% of what is going on happens in our unconscious mind (and energy). Some times you just get that "gut feeling" or intuition about a situation. You know or feel somehow that something is right to do or not. But a lot of the time it is difficult to really hear/feel what is going on.

A great way to connect to that body wisdom, is to work with muscle testing or 'kinesiology'. It is a practical tool that you can also use to test yourself and discern whether something is good for you or not.

And of course it's brilliant to test your beliefs and see where a certain block comes from. And more importantly, how best to resolve it! When you use kinesiology, you can shift your limiting beliefs to becoming empowering ones even more quickly and effectively.

# Limiting thoughts

## Practice

Write down every negative self-comment or negative thought that you catch yourself having. "I am not good enough... They are better than me... I can't do... You can never pull this off... Who wants to hear your story..."

Keep tracking them, also when you've started working on your beliefs!

These thoughts can play a big role in the next step that we want to take. So, make sure you write them down. You can categorise them (thoughts regarding to speaking, business, personal life, ...) or just write them as they come. Don't judge yourself for having them, just see yourself as a secretary, taking notes. You can save or print the pages to write down your beliefs as many times as you need!

You now have started your list of beliefs. Start with **selecting the first 3-5** (no more than 5!) that you will be working with.

Either choose them by looking which ones stand between you and your goal (if you want to be a speaker at events, look for the related limiting beliefs) or choose the ones that feel important/big to you.

You can save or print the page as many times as needed!

## Limiting thoughts

Write down all negative, limiting, critical thoughts you have about yourself... be honest & no judgements!

# Empowering thoughts

## Practice

Keep tracking and writing down your limiting thoughts. Now go over them and discern which goals you should start with. When you have chosen the 3-5 limiting thoughts that you'll start with, write them down in the file below.

We will now tweak them into positive beliefs.

Make sure that the positive ones are not a 180 degree turn into an impossible situation ("nobody thinks it's interesting what I have to say" → "everybody thinks it's interesting what I have to say".)

This is just not true and unbelievable, therefore will not go into your system.

You'll notice that for some thoughts, it is too far a stretch for you to make them positive right away, even if you don't take a 180 degree turn. Then you could start with a so called 'double negative' affirmation. **How to work the two different steps:**

For example, the limiting thought is: "nobody thinks it interesting what I have to say".

- ✓ As a **double negative** it becomes: "I no longer need to believe that nobody thinks it interesting what I have to say".
- ✓ And a **positive** could be: "I feel confident in what I know and share" or "When I'm talking to someone, I know I have interesting things to tell too".

Whether you work with a double negative, or a positive thought, the approach is the same:

Write your new beliefs down and hang them somewhere where you can see them. Say them 10 times a day out loud, for a month.

You can save or print the page as many times as needed!

# Get Actionable

**Limiting** thought:

**Double negative** (I no longer need to believe/think/feel...):

**Positive/empowering** thought:

**Elsewine Rietveld** is a Presence teacher, trainer and kinesiologist.

After a long journey of being afraid to speak in front of groups, learning that by joining a debating club and years later to comfortably share a personal message as well by mastering her presence, she is now teaching it to others. Combining Presence with kinesiology is a golden match, full of practical and effective tools.

Elsewine works with entrepreneurs and professionals who want to speak with confidence and impact in all conversations, presentations & on videos. The practical tools help them to be seen and heard in a powerful and inspiring way and their know-like-trust factor increases. Mastering the ir Presence benefits them in both their business and their personal life, for example when they go networking, create videos, are facing a difficult conversation, when they speak in front of a group or when they are pitching their services to a potential client (and have to stand out next to others).

She works with online courses as well as personal sessions, which are perfect to work through blocks and shatter limiting beliefs that hold you back.



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