Permission:
Stop Competing and Start Creating The Life You Want To Live

Presented by:
Nicole R. Matthews ’00 (MA)
Founder, The Henley Company
Author – Speaker – Event, Travel & Lifestyle Concierge

@henleyco #Permission
The Early Days...

My desire to have my name in lights started during my showgirl days!
The Awkward Years...

My event career started as the

Prom Coordinator
Nice to Meet You!

HENLEY CO.

@henleyco
The Permission Journey
“Acknowledge and process what is keeping me locked up”
Ask Yourself...

- What is keeping you locked up?
  - Relationship?
  - Career?
  - Personal?

- What is the tape in your head saying?

- Do you have a concierge circle that you can lean on?
“Be the architect of my own life.”

Permission: Stop Competing & Start Creating the Life You Want to Live
Ask Yourself…

- What would you do right now if you knew you would not fail?
- What is within your power to change today that will help you get one step closer to the life you want?
- Are you the architect of your own life?
“Who are your basement dwellers versus your penthouse cheerleaders?”
Ask Yourself…

- Who is taking up valuable space in your life? Are they serving you in a positive or negative way?
- Could you write down the top ten people in your life, outside of your family, who either lift you up or keep you down?
- List your basement dwellers and your penthouse cheerleaders.
“How to create your own opportunities by leaning on your circle”

Permission: Stop Competing & Start Creating the Life You Want to Live
Ask Yourself…

- What opportunities can you create for yourself?
- Who can you ask for help?
- What motivates you? What drives you to be successful?
Remember...

“...Place the oxygen mask on yourself first before helping small children or others who may need your assistance.”
YOU ARE braver THANK YOU BELIEVE stronger THAN YOU SEEM & smarter THANK YOU THINK

—winnie the pooh

@henleyco
Questions?

THANK YOU!

Nicole R. Matthews, CSEP

nicole@thehenleycompany.com

@henleyco

www.TheHenleyCompany.com

Permission: Stop Competing & Start Creating the Life You Want to Live is available on Amazon.