

## What is this newsletter about?

nikdavis.com is constantly growing and changing. It's a den of quirky ideas, honest observations, interesting people with interesting things to say, a place to have safe conversations, challenge the norm and find a way to make your dent in this universe.

Take what you will from the rich and varied tapestry of it's content, use it to inspire you, spur you to action, understand that we are all a little weird (thank goodness) and therefore embrace your quirks, imperfections and your story.

Each month, I will be sending out a newsletter, lovingly entitled 'let's cut the bullsh\*t', to help us all manage this mad thing called life. I wish I could tell you what it will include but I cannot, as until life happens I am not sure what it will bring.

My intent is to simply share, as honestly and eloquently as possible, my observations, experiences and lessons I am learning, as I go through life, in the

hope they will help others too.

And please remember, we are all enough, we can all take the next best step and we can all create change in this world, should we choose to simply believe in the one person capable of doing so - ourselves.

## What is nikdavis.com about?

nikdavis.com is a work in progress, a combination of all of my diverse facets - mother, wife, management consultant, writer, coach, change maker and a passionate believer in the potential of the human race.

nikdavis.com is about transformation, at an individual and organisational level.

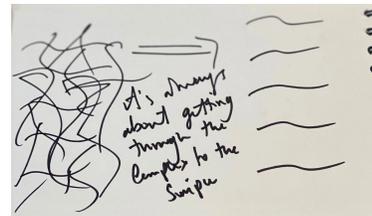
It exists to help us all define a truer reality, to embrace our weaknesses just as much as our strengths, to connect at a much deeper and more meaningful level with our fellow human beings and to find a way to live, work and play in a sustainable and humane way.

It's a seemingly diverse combination of management consultancy, individual mentoring and personal story telling, all brought together by the common thread of humanity - putting people at the heart of everything I do, from delivering large scale business transformations, to simply showing up and owning up as transparently and honestly as I can.

Everything always comes back to people, we may weave our skills and experience into environments, challenges and opportunities, but none of that will succeed without the sturdy foundations of people.

## The thing that is occupying my thoughts this month

It is always about getting through the complex to the simple - seeing and understanding our challenges and opportunities, but not being so immersed in them, that we lose the ability to look at them objectively.



We are always at risk of being over-ruled by our ego, of operating particularly in times of adversity, from a negative, fear based foundation, that sees the worst in people and banishes trust and empathy from it's approach.

The real solution is not to ban the ego, or fear, or mis-trust, but to be aware

when it rises up in us, to question why it is there and by doing so understand it's root cause.

And once we have that clarity, the situation we find ourself in becomes so much simpler - because we can start to separate that which is true, from that which we fear to be true.

And hence the process of moving from the complex to the simple is underway.

Next time you start to feel anxious, impatient, negative, or aggrieved by an event, action or situation, just take a moment to pause for thought, to ask yourself what it is that you are really feeling and whether it is based on truth, or simply the fear of a potential truth.

And then choose trust, choose compassion, choose love, choose giving yourself and others the benefit of the doubt, raise the level of energy you put into the situation and observe how that impacts those around you - I think you might be pleasantly surprised.

## **Why I'm taking a break from social media**

I'm taking a break from social media.

I'm taking a break because it distracts me, a lot.

I've got piles of books that need reading.

I've got lists of articles that need writing.

I've got stacks of ideas, thoughts and experiences that need sharing.

And I am wasting enormous amounts of time and money, getting pulled into stuff that doesn't achieve any of the above.

And I'm procrastinating and buying far too much sh\*t, that I simply do not need, because it looks pretty, gives me a quick hit and allows me to avoid the real stuff.

So, I've deleted the apps and I'm off to do the work I said I would.

My mad ramblings and consulting ideas will be on my website at:

[www.nikdavis.com](http://www.nikdavis.com)

My ideas for sustainable living, fashion and living the good life will be on my website at:

[www.lillyisabella.co.uk](http://www.lillyisabella.co.uk)

My vlogs on whatever part of life is occupying my thoughts, or driving me mad, on any given day, will be on my you tube account at:

<https://www.youtube.com/channel/UCaNi8d98FcSANPgwwck4rOg>

And when I've got something important to share, that I've actually done the work on and given myself space to really create something meaningful, then I'll share it.

Until then, I'm off to gaze at my navel, write this newsletter and manage the hell out of this mad thing call life.

## **Who is holding my hand right now?**

I've spent a serious amount of time procrastinating and avoiding doing the work on myself and for myself, but this year something has shifted in me - perhaps the ever increasing credit card bill, a physical representation of how I distract myself from the important stuff, perhaps a fleeting return to full-time work that left me shattered and questioning what my future career really needs to look like, or perhaps it was just time to make a change.

Over the last few years I have met and discovered lots of people, all seemingly random, but of course I'm sure I was meant to meet them and they have all been patiently waiting to help me. And a few weeks ago I decided to stop faffing around, get off the fence and start doing the work - and no I do not know where it will all lead, or how it will all come together and that's ok. I'm following my heart and my instinct and somehow I know that it will all work out in the end.

The first step was to accept support from Kate Griffiths who runs Whole Self Leadership ([www.wholeselfleadership.com](http://www.wholeselfleadership.com)). Kate is a spiritual coach who uses colour to help people understand the limiting beliefs and experiences we have and find their path to step into their true potential with love and light. I've had 2 sessions with Kate and am due to have my 3rd session soon - I have postponed this session thus far, not because I'm avoiding it, but because I wanted to have the space and time required to really commit to the work I know I will need to do. Kate's approach brings out some deep seated issues and truths about my path in life and that is why it can create such transformational shifts, if you are prepared to really show up to all that she has to offer.

The next step was to start work with a coach, to finally get me off my arse, to design the business that I really want to run and get cracking on the next stage of my career (I'm 50 this year so I really do need to get a wiggle on). And I have been truly blessed to be able to work with Emily Davidson, an intrepid explorer, a beautifully humble and giving human being and possibly the best coach I have ever experienced - her coaching website is [www.emilydavidsoncoaching.com](http://www.emilydavidsoncoaching.com). I've had 3 sessions with Emily so far, we meet weekly and I've achieved more progress, clarity and peace in my work in the last month, than I have achieved in the last 2 years. My testimonial for Emily is simply that her coaching is life changing and I am beyond grateful to her.

And as a result of all of that I am attending my first TLC (Tender Loving Care) course this Friday. The course is the first step on my journey to becoming a soul midwife. Ever since watching my dad die a sh\*tty death from cancer, I have wanted to make the experience better for others. I so wished I could have been better prepared for my dad's death, supported him more, understood more and helped us both to be less scared. But sadly I cannot turn back time and perhaps my dad's parting gift to me was this, to find a way to provide compassionate, spiritual support to others, as they depart this world to embark on their next chapter and help us all to be able to think about death with a little less fear, a little more understanding and a lot more love. I met Rachael Field who runs Eva and Alma ([www.evaandalma.com](http://www.evaandalma.com)) when I was looking into my own emotional wellbeing whilst experiencing acute grief. I find that Rachael is a rare and peaceful soul, whose beautiful energy I have no doubt, will be able to guide me through this course and whatever next steps I decide to take with love, grace and peace.

And finally for this month, I took the leap and enrolled on Jame's Victore's Perfection, Procrastination and Productivity course ([www.jamesvictore.com](http://www.jamesvictore.com)). I simply adore James Victore, his book Feck Perfuction spoke to my soul, he always inspires me to action and I just knew it was time to stop procrastinating and get on and do the work I am meant to.

So, they are the people holding my hand right now, as I simply take the next best step in this mad thing called life.

## **Having an honest conversation about mental health**

My dear friend, Asha Pillai works tirelessly to help raise awareness of and support people facing mental health struggles. To this end, she has set up a facebook group to provide support, allow people to share their stories and most importantly, reach out for support if they need it.

## Managing mental health facebook group

I am passionate about challenging the stigma associated with mental health, getting behind the rhetoric and really understanding what not being ok means and helping people to embrace all of their story, without shame or fear of judgment.

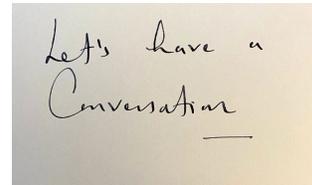
I am currently recording a series of vlogs which share my own personal experiences with depression, how it felt, how I moved forward and what I have learnt from them. The first of these vlogs can be viewed on my you tube channel via the link below. These vlogs are as ever, raw, unfiltered, definitely unedited, but honest and shared with a genuine intent to help others.

## My experiences with depression

I am not ashamed of my experiences - they are part of the rich tapestry that has made me who am today, capable of sharing all of myself, loving deeply, laughing loudly and embracing all that life has to offer. I am grateful to them for allowing me to grow, accept all of who I am, learn to get to know myself and connect with my fellow human beings with love and compassion.

## Let's talk

Every Friday from 4-5.30 pm, I will be running sessions for a handful of people to meet up virtually and talk - that's it, just talk.



This really is just a conversation, to create some headspace, pause for thought, to share our perspectives, fears, challenges and joy and to harness the power of 'me too' - to drive some much needed human connection, where we can 'show up and own up', completely as ourselves without fear of judgement.

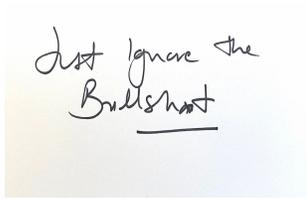
I do have a few rules and they are really simple - be honest, be you and be kind.

It's ok for the conversation to be raw and unfiltered - that's the point. It is in our human messiness that we find genuine connection, acceptance of ourselves and a deeper understanding of others.

It would be great if you would like to join me - please do not prepare or over-agonise about what you will or will not say. Simply allow yourself to turn up wholly and see where it goes from there.

You can register for these conversations by following the link below.

Let's have a conversation



## Please do share away and reach out to connect

Please do feel free to share this email.

If you want to read some interesting stuff, join the conversation, or get some support, please just pop along to the website [www.nikdavis.com](http://www.nikdavis.com), it's updated with my mad ramblings most days, or you can continue to subscribe to the monthly cut the bullsh\*t newsletter, or feel free to just drop me a line.

Take care of yourself and shake your world until only the truth remains.

With love

Nik x



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