

What do you hope for?

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*With this newsletter I am excited to share with you matters I care about, hoping that it will inspire you to reflect, act and develop greater confidence and self-awareness in your roles. **Because the most important relationship in our life is the one we have with our Self!** I will be sharing with you tips, questions, knowledge and my views to help you develop this relationship and go on an expedition to meet and start valuing and loving yourself in the size and the shape you are. The more you know about your Self, the better you will lead yourself and others and you can create a world to which people want to belong.*

Let us begin with a wish for a joyful month of May....

First a reflection...

During the April edition of the [Self Expedition Café](#) I had an intention and a plan to talk about powerful questions. But, as you have probably noticed, **sometimes in life things do not go as planned**. To my surprise, the discussion took a completely different

direction. I tried to grab the strings and control it, but the more I was imposing, the worse it got. I noticed the strange facial expressions looking at me and felt an unpleasant tense feeling in my gut. I realised, the group dynamic had already taken over! Luckily I adopted quickly to the new situation and decided to **let go and allow space** for what was to emerge. A wonderful experience, as one of the participants allowed herself to be vulnerable in front of the group of strangers and all of us were there to compassionately offer support and help.

I concluded the following:


- As much as we want to control things in life, nothing good comes from force. The most wonderful things happen when **we let go, allow space and welcome with open arms what comes to us**.
- As human beings **we love to help**.
- How beautiful it is when we allow ourselves to **be vulnerable** in front of strangers and receive the love and support.
- It takes great **courage** to say: "No, I am not fine! I need help".




To me, that is a moment of self-love, when you say: "I am worthy of getting support"


... and an announcement:

Join me at the next [Self Expedition Café](#) this Wednesday, **May the 4th (be with you)** - to begin the month with reflection and intention. This edition is with my dear friend and colleague [Irena Jakimova](#), Executive & Leadership Coach, Professional Trainer, Personal Branding & Visibility Coach for Women in Business.

It is free of charge, you can register here: 📌 <https://forms.gle/beGfuZkMMWpzhyA8>, and invite a friend!




 4 May 2022
 12-13h
 Online



Self Expedition[®] Café

with **VIKTORIA JORDANOVSKA**



Guest speaker
Irena Jakimova

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To continue,

Let's talk about HOPE!

I regard Spring as my time! I guess it is because I came into this world in Spring. A time when everything is **awakening** from a deep winter sleep. A time when **hope is blossoming**.

Brené Brown says:

"We need hope like we need air."



There is a Macedonian saying:
Hope is the last to die.

I wonder, do we die when we lose hope? Considering the current world events, there seems to be little reason for hope these days.

In her latest book, ["The Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience"](#), Brené Brown defines hope as "a function of struggle". She says: "we develop hope not during the easy or comfortable times, but through adversity and discomfort". I guess without hope for a better and healthier tomorrow during my battle with cancer I would not be writing this today. When we face hardships, when we struggle - this is when we learn how to **believe in ourselves and our abilities**.

She also writes that we experience hope when:

1. We are able to **set realistic goals** (*Where do I want to go? What do I want?*)
2. We have the ability to figure out **how to achieve those goals**, and also are **flexible** and **creative** to develop alternative routes (*How do I get there? What can I do if I don't get the desired result? What else?*)
3. **Believe in ourselves** (*I can do this!*)

Most of the people I meet during my trainings and coaching struggle with one or more of these points. This is when we experience hopelessness, despair or feelings of being stuck. I've noticed that one of the most "difficult" questions I ask, as perceived by my clients, is: "What do you want?"

Not what is expected of you, not what is right, not what you are supposed to, not what your significant other wants... **This is about YOU! What do YOU want?** I invite you to give yourself some time and answer this question.

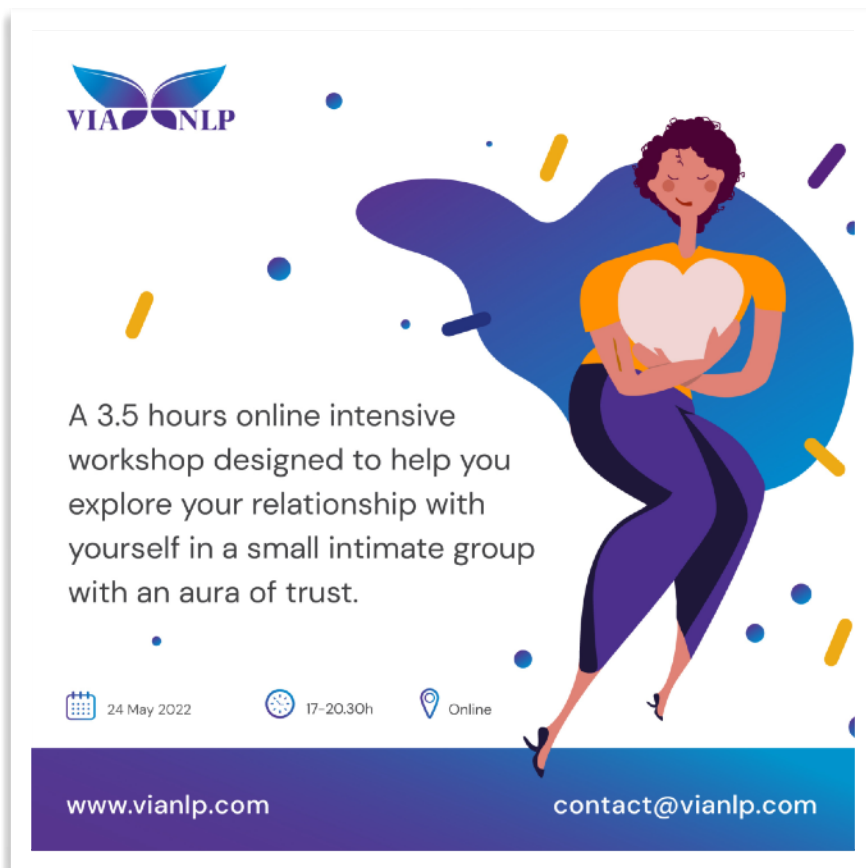
And then continue with another one: **What do you hope for?**

Next another announcement....

The Self-Expedition Workshop!

Recently I read a quote that sums up what the Self-Expedition is all about.

"In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand." Krishnamurti



This workshop is designed to help you open that door and look into your world with loving eyes. In an intimate circle we dive deep into ourselves and understand our behaviors, patterns, limiting beliefs and values through experiential learning. The result is increased self-love, confidence and self-care.

I invite you to join me on this journey on 24th of May from 17-20:30 hrs. You can register [here](#).

Finally,

A video on Communication Excellence in case you've missed it, where I talk about what is communication. The [first module of the Internationally Certified NLP Practitioner](#) is all about helping you become excellent communicator and improving all of your relationships.



Conversation starters

I'm reading:

- [The Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience](#) by Brené Brown.
- [Almost Everything: Notes on Hope](#) by Anne Lamott
- [Whispering in the Wind](#) by John Grinder and Carmen Bostic St. Clair

I am watching:

- [Coda](#), a film by Sian Heder
- [The Principles of Pleasure](#), a docuseries on Netflix

Plus:

[28 Meaningful Ways You Can Help Ukraine!](#)