

TLP Five-Minute Read Over Coffee – Visioning

Visioning: What will my French look like in a few years?

Something that can help you unblock is to step into what success looks like. A good tip is to go somewhere quiet and start writing as if you are living in that day in the future.

In a few years' time this is my vision for my French.

- ✓ I am speaking French with a feeling of comfort and calm. I speak regularly to HR contacts and can get my message across in a positive, warm and light way.
- ✓ I am speaking on the phone to my customers and am able to follow a fast-flowing conversation. I don't understand everything, but I have the confidence to ask the other person to slow down or repeat what they are saying.
- ✓ I am sitting with some friends in a nice cafe and drinking an Orval beer. We are speaking, laughing and joking in French. I am still not quite as funny as I think I am in English 😊 😊 , but I feel light, and I can add lots to the conversation.
- ✓ I am picking up my boys from creche. Their teacher gives me a detailed description of their day and I get it and thank them.
- ✓ I post some of my marketing videos in French, and while my English pronunciation can still be a little funny at times, I get the message across just fine.

💡 Ultimately what success looks like for you is highly personal. It might be work based, to do with your home life or as for me, a mixture of the two. I find this visioning technique powerful both because it clarifies my own motivations and as with other recent posts, it has nothing to do with perfection. It is about feeling good enough to do the things I want and need to do!

Contact me toby@tlp.lu with any questions about my approach to communication training and power for the day.