

## TLP Five-Minute Read Over Coffee – The power of the Shemgal

My son and I are reading a beautiful story book set in Sweden about a farmer and his cat Findus. The book contains lots of very little, mystical and bizarre looking creatures hiding under tables and cupboards. My son loves these creatures! We called them Shemgals - inspired by Lord of the Rings!

💡 These little funny looking creatures (or something similar) can be used in a very different way! Sometimes when I prepare for a pitch to a new client, I imagine a little blob like Shemgal on my left shoulder with funny arms and legs! It represents that little critical voice that we can all experience.

I find this works because it treats that anxiety with both a lightness and acceptance. By turning the anxiety into a funny little character I am not trying to launch a direct frontal attack on my own anxiety (which often ends badly) instead I am trying to tickle its tummy 😊.

I have used this technique with my clients in helping prepare for important meetings, interviews and presentations - often when they are speaking in a second language. Where I find this really powerful is that it can help to avoid anxiety spiraling out of control and really blocking or freezing you at a critical moment.

The internal conversation goes something like - I hear you little Shemgal but do you mind keeping a little quiet while I answer this question? I will speak to you later!

💡 By using playful, light and creative techniques we can take some of the heaviness from a professional situation and in that space my clients have often found more ease and comfort.

So I invite you all, however far out it sounds, to take a little time to find your own Shemgal.

Power for the week and contact me [toby@tlp.lu](mailto:toby@tlp.lu) with any questions.