



Being the Genuine, Authentic You

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Coming from a background in entertainment I've had plenty of time to become familiar with a wide variety of people. Those who fit in, those who stood out. Those who desperately wanted to stand out but couldn't find their genius and those who blatantly stood out but wanted nothing more than to just be part of the clan - either because they had no ambition, no belief in themselves or didn't like the tall poppy syndrome their less gifted friends inflicted upon them.

For example:

I've watched a bi-sexual friend who, on discovering he liked men too, felt forced to go over-the-top camp so as not to be rejected by his gay friends who would not tolerate anyone sitting on the fence.

I've watched a transvestite try too hard at dressing up, consequently being rejected by both males and females because he looked like a fake.

I've been amazed at the lengths people go to, which contradict their true selves, in order to fit in with a particular group of people.

I, myself in my younger years have worn rougher clothes, added swear words to my vocabulary and tried to act cool in order to fit in. It just wasn't me and it made me feel empty, unfulfilled. I'm sure most of us have done it at some stage. Are you doing it now?

By bending to fit in with what those around you expect you can end up feeling, somehow, like a bit of a fraud. You may not be able to put your finger on what is not working, but you know something's not right.

If you're interested in learning how past lives have influence over your current life, you're always welcome to visit a clinical hypnotherapist in your local area. Always check around for referrals and do some forum research on the internet to make sure you're getting an ethical professional.

If you want to check out what earlier influences in your current life have created your behaviour and thought patterns, best go to a clinical psychologist or counsellor for some advice.

Cont'd...

For me as a personal coach though, I'm more interested in taking you from where you are RIGHT NOW and moving you forwards to find the genuine you. We can work towards discovering who you are inside, not man nor woman, but who you really are, your soul.

We'd be looking to find what you're about and what you have to offer the world.

Once we've figured this out, coaching can assist you to develop a lifestyle that suits the real you, a healthy way of thinking about yourself and how you'd truly like to present yourself to the world.

By finding the genuine you, any feelings of falsity will fade away. You can be proud you are being the best and most authentic person you can be. When you do this, the reactions of people around you change substantially. They'll see you as more trustworthy, more attractive in many ways and your world will be a much happier place to live.

Come play with me. Let's find the genuine you...

Interested in starting a series with Kitegirl?

[Make an enquiry.](#)



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