



Feel Good Function Well – Interview Series

Resilience and Wellbeing is such a big topic, so I am always keen to hear from others about what it means to them and the impact it has in their life. Having an insight into what works for someone else may inspire you to try out something new.

To start the **Feel Good Function Well Interview Series**, I thought I would answer the questions that I am expecting everyone else to answer!

Read on to find out a bit more about me, **Gemma Sharp**, Wellbeing Coach and creator of Lordene Learning.



What does Resilience and Wellbeing (RAW) mean to you?

This is something that I spent a lot of time pondering when I was creating Lordene Learning and I have my own definition which I hope people can relate to:

“Feeling good and functioning well, with the strength to deal with difficult situations, cope with challenges and adapt to change”

If you had to pick one RAW pillar that is most important to you, what would it be and why?

Obviously, I think that they are all important, but I believe that the first, ‘Connect’ acts as a foundation to the others. Connect is about having greater self-awareness without which, people may struggle with the other pillars.

I believe that knowing yourself and what motivates you will help you to:

- assess your outlook on life
- work out what activities will help nurture you
- engage with others to have positive relationships
- reach for your dreams

It’s all connected and the whole framework is more powerful when you have the ‘Connect’ foundation firmly in place!

What has happened to you recently that improved your Wellbeing?

I have recently started going for an early morning swim on Mondays. Starting my week doing something active and positive really sets me up for the week ahead. I am just hoping that I keep it up even with the mornings getting colder and darker!

What is your favourite quote, book, film or article about RAW?

One of my favourite quotes is one that really struck a chord with me when I was training for my first half marathon and is very much linked to the ‘Reach’ pillar of RAW and pushing yourself outside of your comfort zone:

“**Only those who will risk going too far can possibly find out how far one can go.**”
T. S. Eliot

Who are your RAW role models?

I have so many, but I have recently been really moved and inspired by Claire Wineland. A truly amazing young lady who, at the age of 21, recently died after a lung transplant for cystic fibrosis. I recommend for everyone to go and watch one of her videos or find out more about the amazing impact she had on others during those 21 years at <http://clairesplacefoundation.org/>.

Feel Good Function Well

What is your top tip for feeling good and functioning well?

Learn when to let go!

As someone who sets high (and often unrealistic!) expectations of myself, this is something I often have to remind myself to do.

There are some situations in our lives where we simply don’t have any control over the situation itself and yet we spend lots of wasted energy on trying to control it!

Whilst we can’t control the situation, we can control our reaction to it and that is where we need to focus this energy.

We should then also try to ‘let go’ of those things we can’t control and instead focus on the things where we can make a real impact and see results.

Letting go can also relate to finding peace with difficult experiences we have had in past.

What is the best part of your day and why?

The parts where I feel truly present and immersed in what I am doing.

Where I'm not worrying about something that happened yesterday, or planning something that will happen next week.

Just enjoying whatever it is that I am doing right at that moment.

If Wellbeing were a place where would it be?

I am going to be greedy and choose three places

1. Walking in the woods with the dogs
2. On a quiet beach (even in bad weather!)
3. Snuggles on the sofa with my family



What are your best experiences that you can draw on during tough times?

The knowledge that I have got through tough times in the past gives me reassurance that I can get through any tough times that will hit me in the future. We are all stronger than we think we are.

What type of music (or specific song) makes you Feel Good and Function Well?

I love lots of songs but, right now, it would have to be 'This is Me' from The Greatest Showman. I love having it on full blast in my car and singing along. It's a very powerful and motivating song.

Can you tell me a bit about your business and how it links to RAW?

Well, this is a bit of any easy one for me as my whole business is built around the RAW framework that I created! Everything that I provide is linked to at least one of the pillars – it could be a keynote speech, 1:1 Coaching Session, Stronger Wings Workshop – they are all underpinned by the same framework and support people to improve their RAW.

If you could use one word to describe what you do what would it be? Supportive

How can people find out more about what you do?

Visit my website – www.lordenelearning.co.uk

Email me on gemma@lordenelearning.co.uk

I am really excited to be collaborating with Wonder Women Network and will be presenting at their Flag Ship Networking Event on 25th November find out more at www.wonderwomennetwork.co.uk



Why not share your own thoughts on what makes you Feel Good and Function Well by connecting with Lordene Learning on social media using #feelgoodfunctionwell

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