Your invitation to be part of the first “Get Yourself Where Your Heart Wants To Be” programme

Draw out your innate capabilities by consistently acting with courage in the face of your resistance enabling you to blossom, grow your confidence and release your inner power

A 21-module programme in inspired Self-leadership designed to help you to draw the best out of yourself

Running during January, February and March 2017

Designed, produced and delivered by Nick Williams through Facebook live
My passion: Helping you cultivate your innate power and leadership qualities and gifts, and to blossom

“...you encourage people to believe in themselves to the point at which they believe their dreams are possible. You lead people to a place where they can see the limitations they believed were in place in their lives were nothing more than illusions of their own creation and that the real truth is that there are endless opportunities for a rich and fulfilling life.

Liz Trubridge, the executive producer of Downton Abbey
Contents of invitation

“Get Yourself Where Your Heart Wants To Be” programme

Draw out your innate potential by consistently acting with courage in the face of your resistance enables you to blossom, grow your confidence and release your inner power.

A 21-module programme in inspired Self-leadership designed to help you to draw the best out of yourself.

What’s in this invitation:

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Section 2 – What we are really resisting
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Section 1 – Resistance – the “challenge” we all face

“Each time we successfully act in the face of resistance, something alchemical happens. With each tiny act of courage, we grow another sinew in our spiritual musculature. We release our inner power, we grow in confidence and we reveal more of our true Self.”

Nick Williams

Have you noticed that when something wonderful stirs in your soul, your fears and insecurities arise soon after? Many of us want to pioneer into new territories in our own life, and show up more powerfully, but soon after we get inspired, and take action on our calling, or live out our sense of higher purpose, most of us hit resistance. The resistance shows up in many ways, but is essentially a sense of fear, inertia or even a sense of repelling what we know we want. Then we either stop in our tracks, try to fight it, or feel trapped in it and aren’t clear with no clear map of how to escape it and get beyond it. We feel we don’t live a life close to the one we are capable of living.

We can then question ourselves, and wonder what is wrong with us. We can seem to thwart and defeat ourselves and we seem to be our own worst enemy, which can feel we scary as we feel like we are the problem. But you can learn to understand, recognise, anticipate and be prepared to tackle your resistance so you don’t get blindsided by it.

I want to reassure that there is nothing wrong with you – you are simply experiencing resistance. Its easy to interpret our resistance as a stop sign and that we can’t proceed until we have found a way to eliminate or eradicate our resistance. We dream of a day when we wake up feeling ready, confident and adequate. We dream that one day we are going to be able to make a few grand gestures and finally our resistance will be gone for good.

**Success is about getting beyond resistance, not avoiding it**

Thirty years ago, I believed that “successful” people obviously weren’t like me. They obviously didn’t suffer from the crippling self-doubt that I had, or the massive fears and insecurities that seemed to plague me. Today, what I realise is that resistance is a natural and normal part of the territory of being human. I have got to know many people of the successful people that I admired and envied from a distance, and now realise that they all experience resistance, but
they have a more powerful relationship with it, and interpretation of it, than I’d had.

What I have realised is that actually resistance is a pointer, a signpost and that is actually an invitation to proceed with greater courage and skilfulness. Seen clearly, within resistance is actually a signpost, and a way to navigate your life and your calling, and an invitation to move beyond it to the treasures beyond, even in tiny ways. There never was anything wrong me, I was simply experiencing my own resistance.

**Resistance operates covertly**

Resistance keeps its power by operating just out of our awareness, in our unconscious and sub-conscious mind. We don’t quite see it, partly out of our peripheral vision. The first part of all significant change is becoming aware of what we are doing.

**There are countless symptoms of resistance, but only one cause**

What we often don’t recognise is that whilst our resistance can take many forms, like a many headed monster, they are rooted in one source: our fearful thinking. But resistance is clever. It knows that if we got clear and realised it was fear that was stopping us, we might feel shamed into action. So it is like fear has its own PR agency that sends memos up from the depths of our mind to put a positive spin on resistance. “no, you are not afraid, you are just being sensible. Don’t risk failing/looking stupid/being ostracised or judged. Put your plans on hold for a while and then revisit them in the future.”

**Listening to the other voice**

We can learn that there is another voice within us to listen to. As well as the voice of self-judgement, criticism and even self-shaming that we all have, within each of us there is also a kinder voice. This is the voice that is our own self-champion, inner validation and encourager. This is the voice of healthy Self-love.
Section 2. What we are really resisting

Resistance will tell us is that its keeping us safe. Resistance appears to be our friend, with our best interests at heart. It will have us believe that it is saving us from failure, shame, humiliation, rejection. It tells us it is keeping us safe, when actually it wants to keep us small, afraid, living a small life and with our innate gifts going largely unexpressed. At worst, it wants to maim or even kill us. It is not our friend. What we are really resisting is our power, our potential for success, our capacity for leadership, our light. As spiritual teacher Marianne Williamson wrote, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.” We are really resisting how amazing, successful, inspired and creative we can be. We are actually resisting the power of our own soul. So often we are afraid of standing out, having a great life and not suffering so much. We are afraid to be different, we are so often afraid of our amazingness.

We are afraid of our own capacity for influence and leadership. We are afraid of the impact we can have and the responsibilities than might go with that. We are not of proving our friends, teachers, employers or family “wrong” by being more than they think we are. We are afraid of becoming estranged from what we have known and is familiar to us.

So, we sabotage our dreams of greatness. We run from our best talents. We fear our highest possibilities We are generally afraid to become that which we glimpse about ourselves in our most inspired moments, when we are most ourselves and courageous. We think, “Who? Me? No way!”

The invitation is to move beyond our fears and into our powerful selves.
Section 3 – Resistance is actually showing us our direction.

There are two places we can channel our creative expression

You already probably know, as it is your current experience.

Our creative energy can go in one of two directions – clear, clean and straight expression of our calling or avoidance of our calling. So we write our books, do our art, start our businesses, step into our leadership, give our gifts and express our love. Or our energy can go into creating blocks to our straight expression, coming up with excuses, stories, distractions, addictions, dramas, problems, illnesses, depressions, conflicts, and dozens of other ways of avoiding what we know in our heart we are on earth to do.

Our unlived life

We have a life that we are living, and an unlived life within us, a life still in potential but innate within us, right now. We sense that there is so much within us that is still to blossom. Between our lived and our unlived life lies our resistance. The level of our resistance usually directly correlates to the amount of “blocked creative energy” available to be freed up.

Resistance is good! It is actually a pointer.

One of my favourite ways of articulating resistance is this: Resistance is all our ego’s petty and fearful responses to the magnificent and creative impulses of our soul. So, resistance is a secondary force, it arises because you got inspired, because you are making a bid for your higher purpose and your grandeur of spirit. The projects and actions you most resist are quite possibly where your greatest potential success lies.
What happens we consistently act in the face of our resistance?

Each time we act and do our work in the face our resistance, something alchemical, a tiny transformation, occurs. As we keep going, things get easier, in time. We find ourselves accessing a kind of spiritual slipstream. We find an ease that comes from an increased confidence, increased skills and capabilities, and a faith in ourselves. We become inspired ourselves by moving through our fears. We find our own power and self-respect. We become more of the person we always dreamed we could be, but had been afraid to live out.

Beating resistance is for the big-hearted, not for the fainthearted, though

I am all for making life easier and for not suffering unnecessarily. The path to beating resistance, though, often takes us into territory that we have actively avoided. Beating resistance is not a comfortable armchair activity. It is not for the faint hearted. It requires involvement, engagement and commitment. It means getting lost sometimes. It takes us to places that are messy. You may need to turn and face what you have been running from. You may need to face aspects of yourself that you would rather deny. You may need to feel things that you have resisted feeling.

Through facing resistance, we gradually unwrap our power and confidence

Here is what I have come to believe: Each time we successfully face and engage with our resistance, something alchemical happens. With each tiny act of courage, we grow another sinew in our spiritual musculature. Often, this process is imperceptible, we don’t register anything significant. It requires faith. But we recover some fractal part of ourselves. We become a little more whole. We regain a little of our power and self-respect. We become less defended and more open. Less show and more real. This process of transformation gradually alchemises yesterday’s fear into today’s confidence, yesterday’s doubt into today’s authority and yesterday’s rigidity in to today’s creativity. Yesterday’s crippling self-consciousness becomes today’s generosity of spirit. Yesterday’s tears become today’s triumph. This process can even alchemise yesterday’s hate in to a present love. That grandeur of spirit, that you have glimpsed inside you, sparkles more brightly. At last, you get to
become who you know you’ve come to be. Having been through hell, you shine the piece of Heaven you promised to bring to earth. You have a heart that holds it all, your suffering and your joy.

**Beating our resistance is our own heroic journey**

Our heroic journey is to become and live out who we already know in our heart we are, but have as yet been afraid to live out. This is not about inventing a self-image, but to discover and then reveal our existing Self that is already within us selves in embryo. We do that as keep moving past our resistance to express the love and share the projects and gifts that are already innately within our Self.

So, what do we “achieve” when we undergo a hero’s journey? We experience more glimpses our own “gold,” the gift of who we are and our own existence. But we may have to let old negative self-concepts die away in order to allowmore of true Self to emerge. We undergo mini deaths and rebirths and something mystical happens.

What do we achieve when we undergo a hero’s journey through our resistance?

1. We have said the experience of saying yes to our calling. We have got past our refusal, and done some of what we know we are on earth to do. We have not held back. We have recovered some of our self-respect and realised some of our own power. We have confidence that we can do it again. Our sense of possibility has expanded.

2. We have transformed, we have become different. We have grown, we have bought to blossom more of what was innately in us. We have an inner strength that we know we can have faith in and we become curious about what else we might unwrap and what other treasures might be in us.

3. We have a history, a narrative that is ours alone and no-one can take away from us. We serve as an inspiration to others. We have a natural authority. We needn’t show off, we can just show up. We have a credibility.
Section 5 – The aims and outcomes of the programme I am offering

“One definition of success is simply this: Being more of your true Self, and letting more of you out”

Nick Williams

As I have been engaged with understanding and getting my own resistance for over thirty years now, and have helped thousands of others understand get past theirs. This is the first global online programme I am offering on it. These are what I aim for you to get from the programme.

The major aims and outcomes of this programme are:

• Help you understand why resistance is a natural part of the process of following your calling, or the next chapter of it
• Develop a healthy and empowering relationship with vulnerability
• Understand and use resistance as a pointer to navigate your work and leadership
• Get you acting out of your own sense of inspiration and purpose rather than resistance
• Develop a friendly and empowering relationship with your own vulnerability
• Become an inspiration to yourself by beating your resistance
• Help you understand resistance, what it is, how it operates and what purpose it seeks to serve
• Learn practices, devotions and disciplines to help you beat your resistance
• Develop the confidence that you have the power to beat your resistance, now and in the future
• Feel validated that there is nothing wrong with you for experiencing resistance – it’s simply part of the human condition
• Help you understand that resistance is normal when you are on the verge of graduating and beginning a new and significant chapter
Section 6 – The curriculum and structure of what I am offering

The seven-week programme starts Monday January and ends March.

By the end of the seven weeks I have presented you with 21 modules – delivered by video each week day by a Facebook Live Video. No lessons at the weekend. So you will need to have access with Facebook and be familiar with it. Each day’s broadcast will remain on the Facebook page for you to watch again, and watch if you missed it live. You will have access to the Facebook page and the programme content indefinitely.

I will also post short PDFs with further enquiries and exercises on the application of each strand you need to build your brand successfully.

I fully understand that you may not be able to join each day, which is why you will have the material perpetually available after broadcast, and I keep the lessons to around 10 to 15 minutes each.

**Week 1 – January 30th. Your Self-leadership – Living a life led by your inspiration**

**Outcomes of week 1**

- A model of inspiration, consciousness and existence
- How to become a willing human collaborator with inspiration
- Commission yourself and being self-initiating
- How to nurture and strengthen your relationship with inspiration
- Keeping the welcome mat out for inspiration

**Week 2 – February 6th. Illuminating your resistance, inspirations evil twin**

**Outcomes of week 1**

- Understand what resistance is
- Understand the purpose that it seeks to serve
- How does resistance show up?
- The three levels of resistance
- Your own personal favourite flavours of resistance
Week 3 – February 13th. Accessing your courage – acting consistently in the face of resistance

Outcomes of week 3

• The magic of making a start
• The power of acting in anticipation of inspiration
• The power of acting in the face of resistance
• Feel the resistance and do it anyway

Week 4 – February 20th. Strengthen your foundations – skills, habits, practices, devotions and disciplines

Outcomes of week 4

• Its not what you do occasionally that has the biggest impact, but what you do consistently
• The importance of skilfulness
• Creating resistance beating habits
• Creating inspiration strengthening habits
• Self-validation rather than approval seeking

Week 5 – February 27th. The power of vulnerability – melt down, break through. A birthing place

Outcomes of week 5

• Masculine and feminine approaches to vulnerability
• Vulnerability as a strength, not a weakness
• Vulnerability as a birthing place
• The difference between the temporary pain and discomfort of growth and passing through resistance, versus our ongoing “neurotic suffering” and staying stuck

Week 6 – Build your March 6th. Supportive eco-system – community, encouragement and accountability

Outcomes of week 6

• Your success is a collaborative activity
• Creating and nurturing your community
• Getting support, encouragement
• Keeping yourself accountable
Week 7 – March 13th. Your destiny and being the spiritual slipstream – your true place in life as a powerful and inspired person – the habit of resistance busting

Outcomes of week 7

- Happy in your own skin, accepting all aspects of yourself
- Being your own champion
- A servant of the greater mystery
- More moments of brilliance
- Being inspired and being a conscious source of inspiration and inspiration
- Continual transformation and self-liberation and embracing

I will inform you if I need to change any broadcast dates and I will let you know the precise times of the broadcast at the beginning of each week, but you don’t have to join live, as the content will remain available on the Facebook for as long as you need it.

Once you have signed up, you receive details of the individual modules.
Section 7 – Is this programme for you?

When we get to the heart of things, the reality is that we are afraid to live out our unlived life, we are afraid to be all that we are, and we are actively resisting our own greatness. We are conspiring against ourselves. Once we acknowledge it is that we are stopping ourselves, we can begin the journey to regain our power.

Nick Williams

I have designed this programme for you if you are feeling an inner impulse that its “time to graduate,” play a bigger and truer game, and you may be at these points in your life:

- Running your own business, team or project
- In a position of leadership or self-leadership, or aspires to be
- Transitioning from employment into your own business
- Unwrapping a new chapter of your leadership

What is inspiring is a combination of the following:

- You want to show up more authentically and inspiring
- You have a creative or leadership project you are inspired to bring in to the world
- You want to blossom in to more of your own self-leadership
- There is a new chapter of your work, business or leadership to unwrap
- You are wondering why you aren’t moving forward when you show you feel you “should be”
- More of your innate gifts and talents are bubbling up and want to be expressed
- You know you are caught in resistance and what to understand the dynamics of resistance so you can help yourself and others through it
Section 8 – Your investment of time, energy and money

As well as the investment of around an hour a week of your time and energy, watching the videos and immersing yourself in the enquiries, exercises and applications, the cost of the whole seven-week programme is only £179.

For this you get the 21 modules delivered three times a week over seven weeks. Each module is around 10-15 minutes. I deliberately distilling each class to be easy for you to digest. Each module has an accompanying PDF to deepen your understanding and gives you further ideas to personally apply the module to you and your own life through self-coaching questions.

You can book your place now, and I am anticipating there a maximum of 30 participants in the programme.

Go to https://www.paypal.me/iamnickwilliams/179 to book your place.

You can pay via PayPal with either debit or credit card, or using PayPal. If you would like to pay by bank transfer, do let me know. I can provide receipts for the payment so you can claim it as a business expense.

This is the first time I have run this programme. It is likely to be around £347 next time around, but only £179 this first time.
Section 9 – My narrative and my authority to teach you how to get beyond your resistance – my own on-going journey with resistance

Many of us feel we have PhD’s in resistance and could be awarded gold medals for our contributions to self-defeating behaviours and holding ourselves back.

That’s me too. I felt so immersed in my own resistance, I have felt like giving up and checking out many times. The first half of my life was about not taking many risks, being largely run by my own fear and resistance. I felt I had a calling, but the thought of pursuing it terrified me so I made excuse after excuse and didn’t more forward, and secretly berated myself for being so cowardly.

What is the cost of me letting out my unlived life?

In my mid 20’s, I had a nagging feeling that I could be and do more. In my case, I think I may have somehow self-destructed by now if I had stayed in my unfulfilling corporate career. Without the healthy and life-affirming outlets for the expression of my life-energies, I have tended towards addictions, self-hatred and self-destructiveness. Life didn’t seem like it was much worth living, so I would try to get out of life. I had so much energy that needed to go somewhere, but mainly it would go against myself. I used my own creative energies against myself. I have come to believe that we all have the same access to creative energy, and we can either express it in “straight” ways, or it will come out in “crooked” ways – the multitude of excuses and rationalisations that we can come generate about why we can’t be creative, or at least not yet!

It wasn’t until my late 20’s when I had reached a degree of success in my corporate but found myself pretty miserable still, that the pain of not following my calling became greater than my fear of following it.

So at the age of 31, still in the face of massive resistance, I eventually quit my corporate career to start my own business. But even when I found the courage to quit my career, instead of starting my business in a blaze of inspiration and glory, I fell into a black suicidal hole of depression, and nearly didn’t start my business at all. You can read the story by clicking here. My resistance seemed insurmountable. Where I dreamed I might be seemed so far from where I was, I felt like it was far too big a mountain to climb.
For me, resistance has been a constant companion. Every significant step of advancement, such as launching my business, launching my career as a writer, speaker, coach, mentor, broadcaster and educator has bought new waves of resistance, new limiting beliefs, new anxieties, new distractions and new excuses, as well as replays of the old ones.

But what I have also learned is that the level of resistance I experience correlates to the amount of blocked creative and leadership energy that has been damned up in me. As I have removed my blocks and overcome my resistance, I have discovered myself to be so much more creative than I ever dreamed I was. I have grown in confidence and capability.

I see myself as still in the trenches. I still experience resistance each time I am birthing a significant new step or project, but I now understand the process I am going through more. I am much better at acting in the face of my resistance, of just keeping going.

But, by understanding and learning to beat my resistance over the last 20 years, I have got to act as a coach, adviser, friend, mentor, advisor and encourager to leaders and emerging leaders in the areas of business the media and entertainment, the law, personal growth, academia, retail, the NHS. I have written fourteen books, one a best-seller, been invited to give talks in 17 countries and been involved in around 2,000 media features. My life has expanded enormously. I love my life and am so much happier.

You can go to https://www.paypal.me/iamnickwilliams/179 to book your place.

When you look at someone who has done something significant and worthwhile, you are most likely looking at someone who has overcome a significant amount of their own resistance

Nick Williams