



BREAKING OUR OWN GLASS CEILING

A few weeks ago I discussed the common pitfalls to shatter the glass ceiling and evoked blocks limiting many women to reach new heights. Shattering the glass ceiling:

<https://www.linkedin.com/pulse/shattering-glass-ceiling-from-within-belinda-mj-brown-mcc-owthe/> . My intention is to shine light on the inner blocks that composed our own glass ceiling.

As a former manager and leader, I chose to work specifically with men after encountering a challenging situation with a woman who made my life very difficult at age 21. I was managing a team of 80 people and met extreme resistance from my mentor who became my leader. I did not have enough knowledge nor experience with the corporate world and I



**Schedule Your Complimentary
Call Now**

by Belinda MJ Brown,
Executive Coach & Women Success Expert



WhatsApp : +1 (321) 527-6317



belinda@equanimityexecutive.com



Global

threw in the towel! My first inner block was my need to fit in and the impostor syndrome when surrounded by women. My mentors were men in the corporate world.

I am sharing this with you to acknowledge many of you today building your life and career along with those inner blocks that might hinder your success and your growth.

The 4 big blocks

I will highlight the 4 biggest inner blocks that prevent you from experiencing and living a regret-free life.

1. Inner Critic: this inner voice that whispers in our ears and tells us stories about who we are, what we do and what we should or not do or be. Depending on how well it has been comforted and fed by our rumination, the inner critic voice can be much louder than ourselves leading us to fear relationships, events and situations we aspire once to experience. It often whispers don't do it, you are too much or not enough

2. Assumptions: it is another inner block that limits our ability to make decisions or take any risk based on past experiences. We assume that because something happened once in the past, our current experience will be the same, so we save ourselves from a new fresh opportunity we can actually address in a different and more effective way based on experience.

3. Limiting beliefs: a belief or a fact that sets us apart in a box. Most of the time, those beliefs are inherited from someone or societalism. women can't have it all = I have to sacrifice or I don't apply for this role because there is too much politics = I believe politics is bad. I won't get the job because I am a woman. As women, we hold a set of limiting beliefs that are quite extensive. Each of those beliefs carries an important weight on our shoulders and greatly affects our self-confidence.

4. Interpretations: are created by our filters which shape our reality. Depending on our filters we might interpret others' actions or way of being as being offensive or distant. We simply distort reality to fit our state of mind. We do not explore motivations nor intentions and simply project our own fears and shadows in the behaviors of others. It can be quite disempowering as it leads to feeling at the effect of or in conflict with our environment.

A few Strategies for Overcoming These Blocks

Among the strategies that can be used to support your growth and face your own glass ceiling.

- Self-Awareness: Recognizing and understanding these internal blocks is the first step in overcoming them. Journaling, meditation, and mindfulness exercises can help you become more aware of your thoughts and feelings.
- Challenging Limiting Beliefs: Once identified, limiting beliefs can be challenged and replaced with more empowering beliefs. Cognitive-behavioral therapy (CBT) and coaching are valuable



tools for identifying and modifying your negative thought patterns.

- **Building Self-Compassion:** Self-compassion involves treating yourself with kindness and understanding, even when making mistakes or facing setbacks. Self-compassion can help you overcome self-doubt and build resilience. Be your best friend!
- **Seeking Support:** Building a network of supportive mentors, colleagues, and friends can provide encouragement and guidance as you navigate your career.
- **Developing a Growth Mindset:** Cultivating a growth mindset involves believing that abilities can be developed through hard work and dedication. This mindset can help you overcome challenges and persevere in the face of setbacks. Carol Dweck has a powerful theory about fixed and growth mindset I invite you to explore.

By addressing these internal barriers, women can break free from their own glass ceilings and achieve their full potential as leaders.

Debunking and transcending those inner blocks, is the third step of my own new system called Live and Leave a Legacy. It is composed of intake life review, the Energy Leadership Index and 7 steps to achieve a regret-free life.

Resources:

Mindset: The New Psychology of Success, by

Carol Dweck

Energy Leadership: The 7 Level Framework for Mastery In Life and Business , by Bruce D. Schneider

<https://knowledge.insead.edu/career/how-women-and-men-internalise-glass-ceiling>

