



# THE FUTURISTIC EMPOWERED WOMEN

Indu Kannaiyan

## GLIMPSE ABOUT ME

As I started to write this book I wanted to reflect on myself. Right from my childhood I wanted to help others. Please don't roll up your eyes and close this book - mine is not a crap boring story.....

When I was 9 years old on my way to school, I saw under privileged children growing up in very unhygienic and poor living conditions. I always thought when I grow up I should do some social work to educate them about basic hygiene and to reform their living standards. Probably if someone told me that to do any good you don't have to wait until you are grown up, then my journey would have begun earlier. Nevertheless, at 18 years of age I pledged my eyes, and didn't tell my mom and dad of this. I also took my sister along to pledge her eyes too. That feeling was absolutely priceless.

At the age 20 I did my first blood donation, that feeling was totally nerve racking as I had no one there with me. After the blood donation the feel was absolutely over the top. This time it was for someone who actually needed it then and there and I was of some immediate help.

Although I have contributed to many charities over the years, there has always been a gap in my mind that I'm not instantly connected with someone who needs help. Becoming a life coach has helped me to connect with people in real time, it has given me the satisfaction, which helps me grow personally while shaping others' life. The most satisfying achievement in my life is being a mom raising my son. I'm so proud of my son.



So why women's empowerment coaching?

I have experienced and witnessed people who generally want to be helpful to others. They say, "Let me know if you need any help". But in reality, very few are in the mindset to seek help when they really need it. Many of them lack clarity of their own problem and hence seeking help is out of the question. Some fear that others will judge them and may take advantage of their vulnerability. I have been in all these stages. I then stopped saying "if you need help ask me", rather I involve myself when I spot someone who is in real need of help or assistance. I then decided to help such people in as many ways as I can. To be precise it is women that I want to focus on. The reason is simple as I feel empowered in my life I want to help other women too to feel empowered in their life.

A woman performs the role of mother, wife, partner, organiser, administrator, director, re-creator, disburser, economist, disciplinarian, teacher, health officer, artist and queen in the family at the same time. Apart from it, women play a key role in the socio-economic development.

In this book I'm not talking about gender equality or women's rights in society or inclined towards feminism.

This book will serve every woman who feels stuck in her life, not able to pursue her career because she had to move to a different place after her marriage or due to any circumstance that made her feel she had no options, not able to become accustomed to the changes happening around her, not having the confidence to communicate with others, unable to establish her own circle of friends to have social interactions, not able to feel good in her own skin, struggling to find time for her self-reflection, struggling to emote with her loved ones, unable to set her boundaries with others, not having her own goals established, not able to study the course of her own choice, need to get approval from everyone for the choice in her life, she who doesn't feel that she is the mighty power and has all the potential and strengthen her life. This book is for those women who are waiting for the miracle to happen in their life.

My dear sisters, any time is the right time. Unless You take that first step to lighten up your life there is no other go.

**DON'T WAIT. THE  
TIME WILL NEVER BE  
JUST RIGHT.**

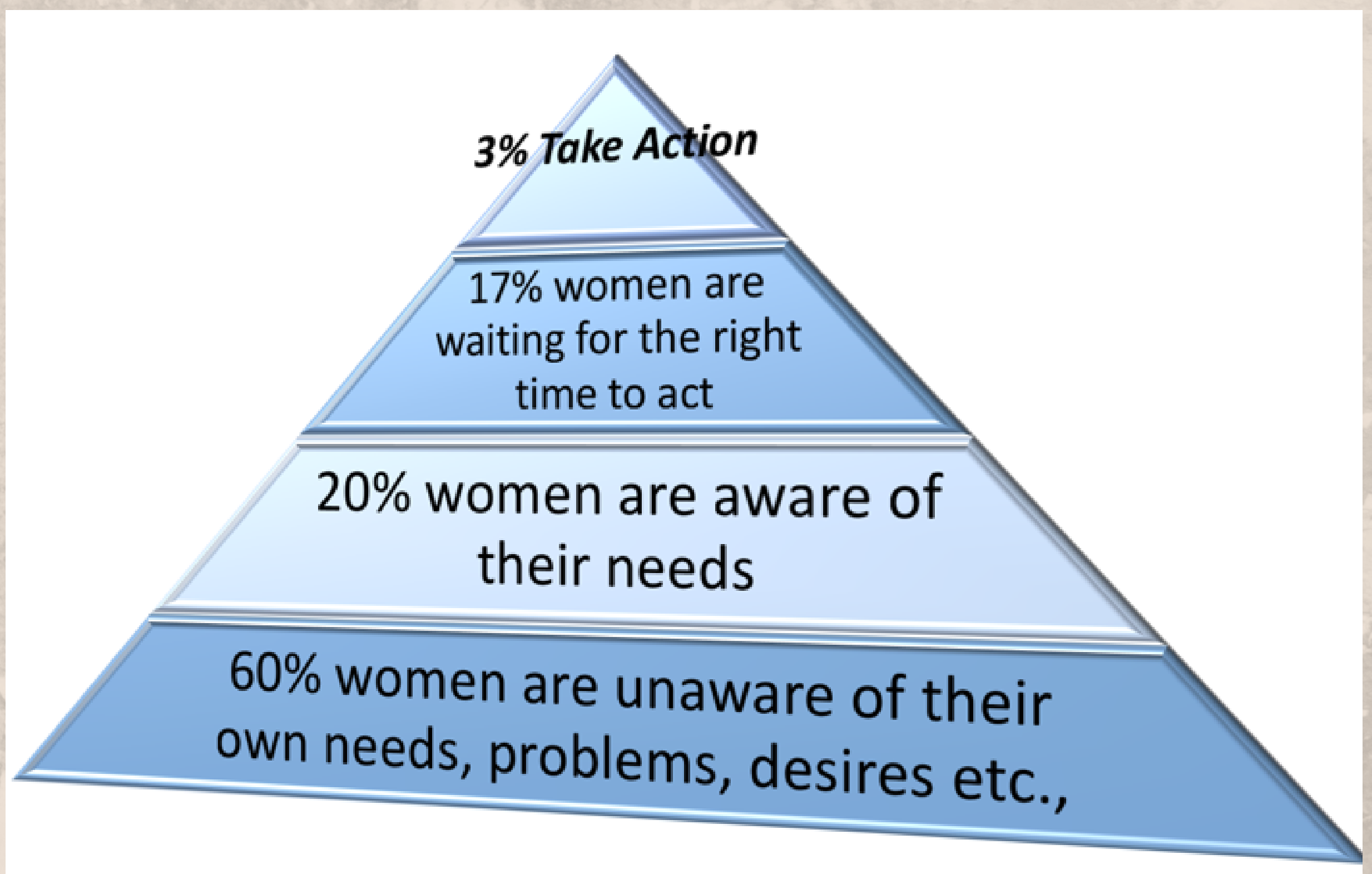
**- NAPOLEON HILL**

In my view empowerment is the process of becoming stronger and more confident, especially in controlling one's own life and claiming one's own rights.

Empowerment for women is a journey. Feeling empowered is not about how others see you, it's how you feel about yourself.

It's not as though you wake up one day and suddenly you are empowered. It is a process that happens gradually as you gain in the confidence in things that you do along with the decisions you make without the need to seek someone's approval.

Unless you see yourself to be empowered you won't do anything about becoming empowered.



It is said that only 2% achieve what they want to achieve and the rest 98% don't accomplish. It is because in my observation and experience 60% of the vast majority of women are not aware of their needs and they go after the wants in their life as they don't want to be standouts in the crowd.

While the rest of the women do want to be empowered, to be in control of their choices. Only 20% of women are aware of their needs, but only 3% of women take the necessary action, and the balance 17% of the women dabble around rather than taking constructive action.

The reason could be any of the below:

- Waiting for the right time to come.
- Don't have a clear purpose "WHY"
- They don't feel the significance of the change.
- Although they are aware of their needs they are not connected within themselves.

How would you know you are an empowered woman?

Below are the indicators to recognise an empowered woman. These indicators are based on my experience of being life coach:

1. Radiant with self-confidence.
2. Vibrant in her presence.
3. Carries herself elegantly.
4. Approachable.
5. Comfortable in her own skin.
6. Accommodating others opinion.
7. High level of Emotional intelligence.
8. Self-reliant.
9. Doesn't seek others to approve her decisions.
10. Strong and resilient.
11. Humble & empathetic.
12. High in self-esteem.

But once you recognise the 12 characteristics of empowered women outlined above (you may need help to do so), you are on your way to becoming empowered. And what a wonderful, liberating experience that is.

In this book I have mentioned 3 simple things you must be doing in your life no matter what your life situation is. Then your journey towards empowerment is going to be quick.

1. How to have your “Me-time”

2. Learn to say “No” when there is no need to say “Yes”.

3. How to feel good in your own skin.



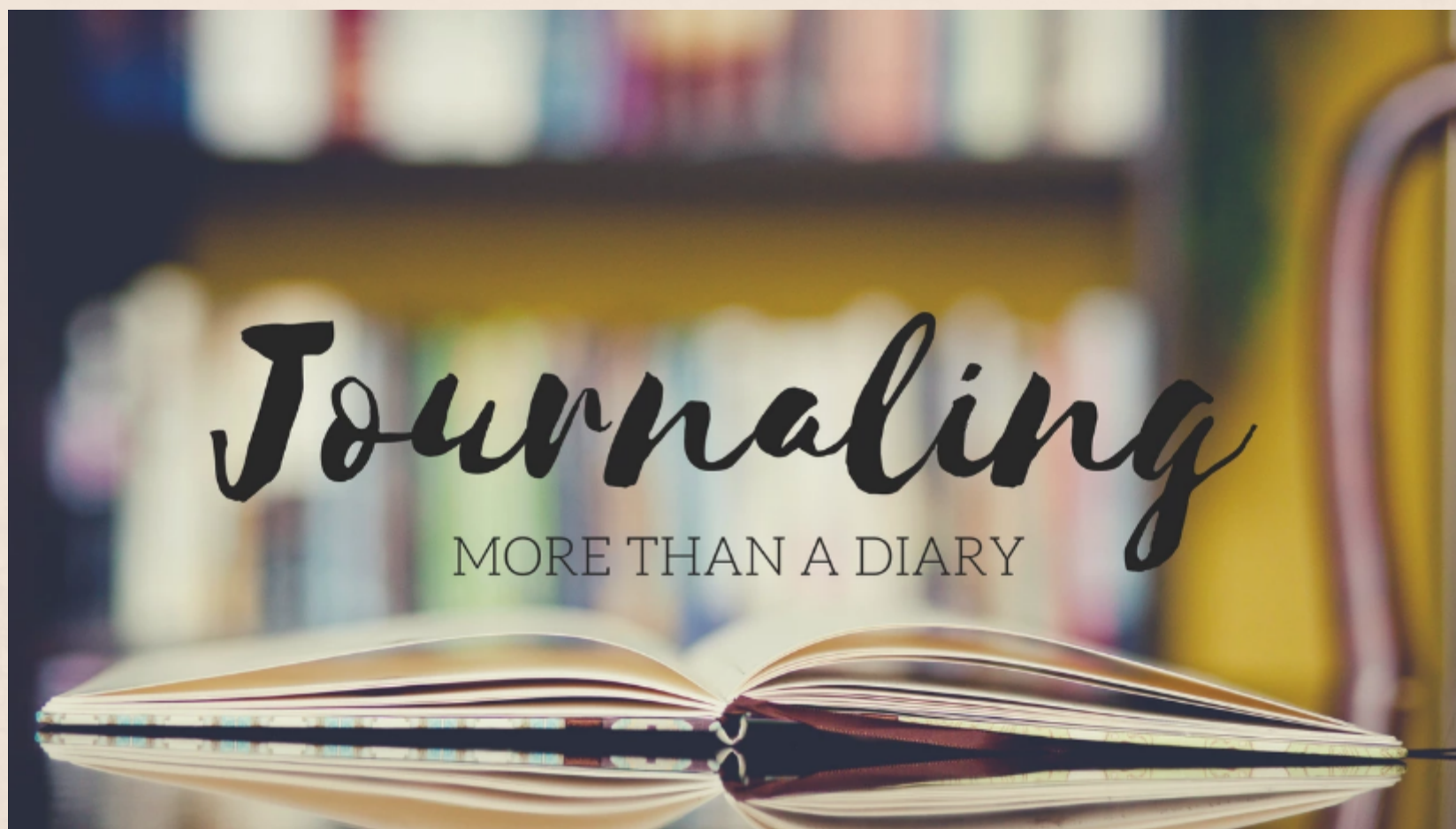




Must have your “Me-time” each day every day. If you have no “me-time”, then when do you intend to read this book. Although this book doesn’t run through pages and pages the information you are about to absorb demands your me-time to read, to highlight and reflect to write in your journal to implement it.

I would not like to tag Me-time as spending time for fitness, for beauty grooming, or connecting with friends or any other activity.

I refer to Me-time as more of a self-reflective time in a day.



Keep journaling as an everyday activity by writing down the events that happened. then reflecting on them to consider what you have learned from them, and what you could or should have done differently. It's not just about changing, a learning journal and reflective practice, can also highlight when you've done something well.

In your learning journal follow the simple process:

- Describe the experience – When and where did the situation occur? Any other thoughts you have about the situation.
- Reflection –What thoughts did you have? How did it make you feel? What have you learned from the experience?
- Theorising – How did the experience match with your pre-conceived ideas? Was the outcome expected or unexpected?
- Experimentation – Is there anything you could do or say to change the outcome? What actions can you take to change the outcome in the future?

To get the holistic benefit of the Me-time, then introduce the below mentioned attributes to your daily routine.

1. Compassion

2. Gratitude

3. Forgiveness

4. Envisioning the future



“Compassion and tolerance are not a sign of weakness, but a sign of strength.”  
-Dalai Lama



Compassion - is expressing the intention of moving from judgement to caring, from isolation to connection from indifference or dislike to understanding. Feel it as an emotion.

When you display compassion, you will experience more positivity, less stress, aging slows down, better chances of getting into a new relationship if you are single.


“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”  
- Ralph Waldo Emerson



Gratitude – Science shows that gratitude causes more energy, higher emotional intelligence, more forgiving attitudes, less depression, less anxiousness more feeling of being socially connected, better sleep, fewer headaches.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that”.

-Martin Luther King, Jr.



*Forgiveness heals the  
cracks in our heart.*

George Hadan

Forgiveness - Granting forgiveness is more rewarding to you than the person you forgive.

Forgiveness at a minimum is a decision to Let Go of the desire for revenge and ill-will toward the person who wronged you.

Forgiveness is not pardoning. Forgiveness frees you.

“Vision is the art of seeing what is invisible to others.”  
-Jonathan Swift



Envisioning the future – Well disciplined people decide how they want their future to unfold. Vision your future where you want your life to go, what you want to leave humanity with. Prime your brain to focus on the positive things.

# No, No, Yes!

Do you know when to say Yes and No?

To feel empowered, it starts within YOU being authoritative for your thoughts, being clear in your decisions, and knowing what you want.

Your mind clarity determines the level of confidence you are at. There would be challenging times where you are not prepared with an exact answer, take your time to think, analyse and have the clarity of your answer before say it to yourself or anyone.

There is no rush that you have to say Yes and accept what is being asked of you.

Observe yourself – unempowered women often say Yes because of the following reasons:

- When you have given the authority to others.
- When you want to please others.
- When you want to feel Belonged.
- When you have no clarity in my mind.



My professional background was being a HR professional in India. After moving here in Australia I didn't have any clarity as to whether I should look for a job in the HR field or elsewhere. I didn't do any ground work to understand what I needed to either upskill or validate my education transcripts to Australian standards. I didn't take any initiative to pursue HR as my career, all I wanted is a job to gain the local experience. Ironically, my decision to join the Australia work force with no clarity of mind has changed my career path even after 10 years now, having worked for couple more companies in various industries, my thirst to be in management has not been quenched yet.

I'm now pursuing Adv. Dip in Human Resource Management and Leadership Management. With the skills I have acquired over the years, now I'm a life coach to empower women from all walks of life. As a coach I'm able to apply my customer servicing skills, my HR knowledge and as a public speaker able to convey and influence others.

# Everything is a mind game.

Don't give the authority to others and wait for their instructions. I'm not saying don't allow anyone to lead the game or event, I mean don't give your authority to others. No matter whether it's with the family or at work everyone has their own spot of importance and we need everyone to play their role. But again, I'm saying don't give others the authority that you own for yourself. What I mean by this is, say for instance at work you have a team meeting on a project, don't just make your appearance and hear every other team member to voice out their suggestions. Instead be present by actively participating in the meeting. Before you go to the meeting get all the facts, pros and cons, nitty gritty of the things that are supposed to be discussed in the team project meeting. Have your fact sheet ready, questions that need to be raised and present yourself professionally although you might not be the team lead for this project. Raise the questions to the team lead and share the facts you have derived, this gives you the edge over others. You are now more authoritative than the rest of the team. You also have given the impression that you are the most potential member to contribute to that project.



With family if you have decided to travel to a particular destination, which is of common interest to the family, then you do your planning and have your trip itinerary ready, so that when there are any changes to that of your family members' plans, you can have yours to continue with the trip. Complement each other in the relationship by being self-authoritative and not be authoritative on others.



Don't be a people pleaser by accepting anything and everything without analysing the facts.

I have never been taught to say Yes or No in my childhood. I have been taught to be obedient and follow instructions at school and at home. Although this method helped my parents and teachers to make their life easier it didn't serve me better as I was growing up. When I started questioning Why I should do as I have been instructed and gave my opinion, I was tagged as a rebel. For me not to have this tag I then started doing as I have been asked to do. That's when the actual trouble started. I had lost the sense of me being me. Then I had to regain myself over the years, never an easy thing to do. You will gain more respect from others when you learn to say No at the right time in the right tone. This implies to others that you don't take things for granted and no one can thrust anything against your will. Eventually this is a slow process to an extent that it is not easy to establish yourself with everyone, but this is certainly possible.



**Group of workers pleasing the boss at the...**

Group of workers pleasing the boss at the office <http://www.andresr.com/istock/BusinessAustraliaShoot.jpg>

 iStock

Feel good in your own skin – Create your own style, create your own brand.



“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.” ~Thich Nhat Hanh

Almost a quarter of women feel uncomfortable in their own skin, according to research. An independent poll of 2,000 women found 6 in 10 blamed their lack of self-esteem on not meeting typical beauty standards, while 29 per cent said it was because they felt indifferent with their body. Half of women aged 28-34 have avoided posting pictures of themselves on social media because of a lack of confidence in their own skin.

Accept your imperfection- You don't have to be perfect or have it all together. Taking charge of your thoughts, especially when it's feelings about yourself, can be one of the toughest things to do when you don't feel confident. Sometimes you critique yourself and feel shy around others when you can't find ways to feel comfortable in your own skin, rather than embracing yourself for who you are. But why put yourself through that kind of stress when you're already perfect? For some women it can be hard to feel beautiful in your own skin, there's a way to overcome your negative thoughts (approach a coach to coach you to overcome such negative thoughts) and learn to accept yourself for who you are.

Sometimes it's not easy to be comfortable in your skin when you're constantly surrounded by magazines and movies that emphasis on what the "perfect human body" is. Rather than trying to fit that type of image, learn to appreciate your body, because you're beautiful just the way you are.

"The culture and media tell us that we 'should' look, act, or feel a certain way, and if we don't (which we invariably don't all the time!), we feel self-conscious, insecure, and uncomfortable with ourselves. Worse still, if society, the culture, and the media don't even give representations or examples of people like us, there is erasure of our identities - our 'skin' - and we can't feel comfortable if we aren't sure that we even have a place in society!" says Martinez

Don't clog your mind with scarcity mindset that you are not enough. Women always feel conscious of their physical appearance. Hey lady, you are always beautiful at any age. This is the universal truth. For me to realise this truth within me took ages until I hit my mid-thirties.

I have always been made conscious about my body & skin colour by my own family and friends. Since my teens I have been carrying this burden of shame until I decided to care less and let go of the shame. I then started to highlight myself with bold accessories and vibrant colours. When other women started to notice my dressing sense it gave me the confidence that I looked good. Before that the more I believed that I wasn't good looking, I felt that I didn't even attract my husband. But today because I feel abundance in my mindset I don't expect anyone to remind me that I'm looking good. I know myself irrespective of my skin colour, my body shape I'm a beautiful person and since then I smile all through my heart. I do have a photogenic face.

So, girls & ladies build your own style of dressing. Dare to be creative in carrying yourself. Feel your body contours, your skin, wear comfortable dress no matter what size you are at. Choose the right type of make-up that suits you. Groom yourself well at all times.

Over the years I have created my brand, this is me with a warm smile in bright vibrant colours.



It's time you create your own style too...



# Build good relationship among other women.

Do you compare yourself with others, I understand we all have compared our self with others? I would not say not compare with anyone, but appreciate your sister for her awesomeness and embrace your awesomeness too. In the world of coaching we ask you to understand your unique strength through a series of methods so you will not compare yourself with others rather you will cherish all the goodness around you and that of others. You will understand how to share your skills and create your edge.

We women, need to create safe spaces for other women and young girls to be open, real, and empowering. It is not easy, unless we give them the space to make them aware that they will not be judged. We need to support and encourage each other. It's about building a community that cares deeply and wholeheartedly about one another.

If you are struggling to find your place in the world – find a place where you will feel supported, heard, understood, accepted, empowered, and loved. The thing is... we can provide each other such safe places for one another. The change starts with us. You can choose to be brave and speak about your stories and your experiences, so you can help those who are not quite ready yet know that there is a place for them when they are ready.



"When we place too much value on what others think than we do on what we think, feel and believe about ourselves, we will feel more uncomfortable with who we are. As we work to develop self-worth and self-love, we will find we can let others' opinions go," says Hibbert.

You're using too much of your precious energy stressing out how others are viewing you. Just be yourself and the right people will be attracted to you for the right reasons. Do you want to know yourself? What happens when you know who you are? You are in control of the path towards empowering yourself.

Tune your mind from your negative thoughts to positive outcomes.

Don't let others determine your value.

Don't wait for others to admire your beauty.

Don't give others the chance to put you down.

Further to this would you like to know your personality traits, your behaviour traits, your mindset, your discomfort zone, your vision, your purpose? Don't hesitate or wait for the right time to come, reach out to someone who can guide you in these aspects. After reading this book if you have decided to chat with me, you can find my details in the last page.

To become part of the savvy Futuristic empowered women group please go to this link to join our group-  
[www.facebook.com/groups/424903282242435/](http://www.facebook.com/groups/424903282242435/)

In my next E book I will provide information about women in leadership, effective communication to strengthen your networking, also about knowing your personality and behavioural style.

Stay tuned!!