

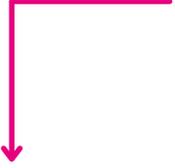
BOLD MOVES

Coaching



FOUR BENEFITS OF ASKING FOR HELP





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When we ask for **help** we are showing a sign of weakness and showing a sign of vulnerability, but why must that be seen as a negative?

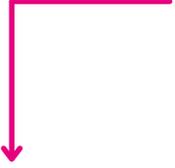


HELP *verb*

- to make it easier or possible for somebody to do something by doing something for them or by giving them something that they need

HELP *noun*

- the act of helping somebody to do something



1. STRENGTHENS RELATIONSHIPS

As human beings we like to be needed and this often leads to a desire to help and **support** others.

Asking someone for help shows that we **trust** them and in turn they will trust us more because we are showing that vulnerability.

"The way we communicate with others and with ourselves ultimately determines the quality of our lives."

Tony Robbins -
Life and business strategist



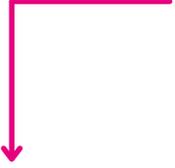
2. BUILDS RESILIENCE

What's the worst that can happen when we ask for help?

They say "No"!

But that doesn't mean we should take it personally.

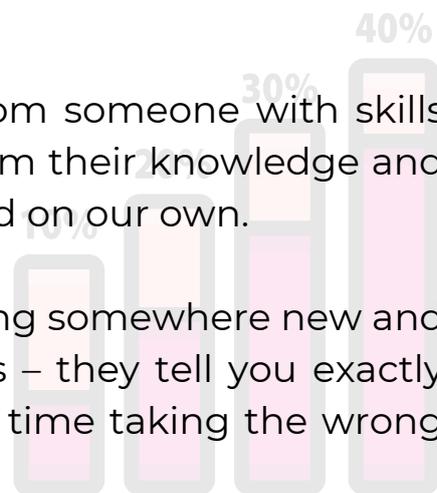
It simply means the other person has other priorities and is unable to help right now. Look at their 'No' as an **opportunity** to practice handling rejections, which we all have to face in life.



3. INCREASES PRODUCTIVITY

Choosing to accept **support** from someone with skills in that area means we **learn** from their knowledge and get there quicker than we would on our own.

Think about when you are visiting somewhere new and you ask someone for directions – they tell you exactly how to get there and save you time taking the wrong route!



4. IMPROVES OUR WELLBEING

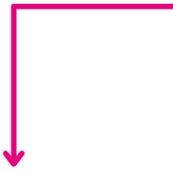
Research shows that people who regularly practice gratitude are more likely to feel happy and less anxious.

Receiving help from others makes us feel **grateful** for the kindness they have shown us and in turn boosts our **confidence** in asking for help in the future.



*"Happiness is the highest form
of health."*

Dalai Lama



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