

## Crafting the Authentic Self.

The Exploration of Our Mind and Soul Is What Fuels  
Our Work and Life.

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### I. INTRODUCTION

**The Core of Personal Development** | Nurturing the authentic self.

Personal and leadership development stem from the ability to raise to the authentic self, to craft who we are and to bring joy. Past traumas (if any) stand as a barrier to connection – we disconnect from ourselves to survive and disconnect from others to protect our inner wounded self.

Genuine connection is the only route towards healing; real relationships help us grow and heal. Mutual connection is charismatic, influential, and trustworthy. When we do care about ourselves, we have the strength and efficiency to care about others as well. Consequently, people will be more exposed to our talent, competence, and knowledge.

*“People don’t care to know how much you know until they know how much you care”.* | **Theodore Roosevelt**  
Nurturing and composing the authentic self, encompass three main steps:

**1. Heal from past traumas.** To learn to heal from the different triggers and traumas from our past that put us in a reactive state when life is happening. We become uptight, freeze, reactive, regretful, say or do things we don’t want to. Instead, acknowledging our triggers and doing the individual deep work to heal from inner pain, memories, frustration help us be in control of ourselves and how we respond (not how we react).

**2. Expand knowledge and build competence.** To learn to build discipline, knowledge, competence. It is important to invest in education, in personal learning and experience, in developing new skills to become more competent. To get anything of value it takes time, work, and consistency. Learning is a life-long experience.

**3. Master the art of communication.** To learn how to be comfortable in our own skin and voice. If we learn how to be deeply empathetic and have connection skills, how to communicate our competence and what we know, it will take us a long way further. Learning how to communicate charisma, influence and trust is a power, if used correctly.

*“The meaning of life is to find your gift. The purpose of life is to give it away”.* | **Pablo Picasso**



## PART 1.

### Fear and Insecurities | Strong versus Weak Character.

Fear and insecurities, mental and spiritual capacity are key elements in what separates **strong** versus **weak** character.

#### 1.1 .Understanding Fear.

Our fears are individualized. Some fears are passed to us by our families, environment, and culture; some others show up with no specific rationalization; and others originate because of a traumatic situation or experience.

Fear can be manifested in different types, ways, and degrees. Fear of death, danger, public humiliation or perception, abandonment, failure, not being accepted by others and specifically by ourselves, following our dreams, etc.

Being one of the basic emotions, fear is innate or learned. It's not possible to live without fear but it's possible to use it help us make empowered choices. Fear is natural, useful and keeps us safe/alive. The best way to manage, control and reduce fear is **preparation**.

It is not about hiding from what scares us. It is about acknowledging it, confronting it, taking responsibility, giving ourselves the tools and knowledge to handle any situation. It is about confidence, personal strength, and autonomy.

*"The fears we don't face, become our limits".* | **Robin Sharma**

#### 1.2 Handling Fear. Moving towards empathy.



Deep-rooted fear and insecurities most likely prime people towards control and domination, avoidance of attachment and valued responsibility, possibly leading to alternatives as low-class pleasures of instant gratifications (bodily or materialistic pleasures).

Intense fear also hinders the capability for personal growth, which is the capacity to form advanced values; the ability to self-regulate and recover quickly from personal triggering situations; the ability to recognize, to understand and work towards healing from past trauma, to achieve work-life balance and emotional well-being.

Elevating consciousness requires the courage and the mental capacity to understand and harness our fears; the self-regulation and the preparation to travel new mental pathways. The true power is controlling ourselves, not others. **We cannot escape fear by avoiding it; we can escape fear by confronting it.**

This implies to step past our instinctual fears and our primal urge to survive. Most importantly, it requires to step towards building emotional intelligence (EQ), developing empathy and compassion which are evolved states of being, beyond needing to judge or blame, manipulate, or exploit, supremacy or control.

So, how we **develop our character** is critical whether trauma leaves us "wounded and scared" or leaves us "wise". We can ask ourselves in which category do we belong and use that information to make the right choice for our future.

In any type of mutually beneficial relationship, the purpose is not to win but to last as long as possible.

*"Do the thing you fear to do and keep on doing it. That is the quickest and surest way ever yet discovered to conquer fear".* | **Dale Carnegie**

### 1.3 Strong versus Weak Character. Not just soft, not just cruel.

Being a strong personality, means **being the right balance**. Only soft, only cruel is not appealing. Having the inner strength and capacity to do bad but still choose not to do it, takes self-control and mindfulness. Strength implies the ability to choose doing the right thing not only for oneself but to use the power at hand to serve the society, to use talent and skills to make a positive impact to the world.

**Courage is the start and the end of everything.** Strong people with courage respond, mentor, and create harmony. People who lack courage usually react, punish, and create chaos. Strong people are flexible, challenge themselves and the state they might get in, exploring creatively new solutions. Whereas, weak people are rigid, lack imagination and remain stuck to the same tactics and patterns.

Strong people can exercise discipline over their emotions, develop high emotional resilience and recover from adverse events. Though they might have the power to be cruel, they choose respect, kindness, and peace. They select their battles: when to be silent and do nothing, and when to intervene; when to put effort and attention, and when to ignore. They choose wisely their friends and circle. They decide where to spend time and energy; they focus on relevant things and on what they can control. They choose long-term vision and appreciate the process, not just the result. They take pleasure in earned gratification.

Weak people don't have the ability to control themselves thus seek to control others. When in position of power, they often become cruel and need to prove their authority. They decide to respect only people with higher status and wealth. They become arrogant and disrespectful with those they see as inferior. They choose short-term goals and gains and focus only on the outcome - fast and easy. Weak people take pleasure from instant gratification and are prone to certain addictions – like substances, social media, perfectionism, status, wealth - largely due to low emotional resilience.

Strong people use fear to uplevel their resilience. They own their mistakes and learn. They know how to set firm boundaries to protect themselves. Weak people struggle with boundaries. They let fear control them and guide them. They blame external factors or others to justify their own bad deeds, mastering the victim mindset in a situation they have created.

*“No man is free who cannot control himself.”* | **Pythagoras.**

### 1.4 Strong People Lift Up Other People. Narcissists lift their own image.

Narcissists, weak in character, find strong people interesting and exciting. Yet in the long run, they feel frustrated and threatened by admirable qualities that they lack. Their cunning tactics do not work anymore, so their attraction fades.

Think about Batman and Joker. Both with high intellect (IQ), Batman uses his childhood pain to help humanity, while Joker wants to inflict pain to make humanity suffer as he did. To our astonishment, the witty Joker is miserable unless he destroys or burns something, embodying chaos.

What makes the difference in how the comics Hero and Supervillain cope with trauma and pain, is their character, how they view the world, how they use their skills and charisma.

When start asserting your personal power, watch out some common narcissist reactions. Narcissists go from acting nice and sociable to sneaky behavior when they realize that they cannot control, use, or manipulate (anymore) self-sufficient people.

1. Fake compassion.
2. Small gifts/favors to get bigger in return.
3. Baiting. Smear campaign.
4. Question your growth and progress.
5. See and treat you as rival.
6. Assume the role of victim and play the victim.

The best practice to tackle the narcissistic mania of maintaining a façade of superiority, is **to ignore** and not engage. When not feasible - in case of family member, co-parenting, work environment etc. - create distance and maintain low contact to **protect your own peace**.

*“A man's character is his fate.”* | **Heraclitus.**

## PART 2.

### Building and Maintaining Mental Resilience.

Mental resilience breaks down into different components: high self-esteem, flexibility, meaningful relationships, spiritual and mental freedom, non-judgemental mind, mindfulness, positive coping strategies, emotional regulation.

#### 2.1 Mental Shield.

Good and bad are part of human nature. We may not be always able to control bad things from happening or stop destructive people to hurt other people.

Yet, we might get prepared; acquire knowledge and skills to protect ourselves from exterior factors such as cruelty, negligence, manipulation, exploitation, abuse, tragedies, extraordinary events etc.

Creating this mental shield provides us support by allowing us to choose what we want to take in and what we want to keep out. It also puts us in a place of safety where we are willing to expose more ourselves, be less afraid of mistakes, disappointment, criticism, failure, rejection, disloyalty etc.

However, the mental shield is meant to be used only when needed. It shouldn't be used constantly, otherwise its weight gets heavier than its protection - it keeps you from living life, creating connections, and leverage your full life potential. Don't build a tower, isolation is a menace to health.

The mental armor is developed around the concept of getting **exposed gradually to stress** to the point where you learn to highly function mentally and emotionally.

Exposing ourselves to small doses of what we are afraid - e.g., public speaking, job interview, meeting with boss or stakeholders, honest personal conversation - gets us to a place of doing it without anxiety, stress, or freeze. Practice and patience help us become competent on the matter and conquer our fear.

With time we forget about fear, start to enjoy the process; we even look forward to and inspire others.

*"It's not what happens to you, but how you react to it."* | **Epictetus**.

## 2.2 Building Mental Resilience.

While it is important to prepare and shield ourselves from life challenges - bad behavior, failure, health, emergency, etc. – there will still be threats capable to breach our defenses. No matter the plan and the mental shield ferocity, we have to expect the unexpected.

This is where mental resilience steps in. Luckily enough, mental resilience is a learned skill that can be built over time.



**Mental resilience is the ability to analyze, adjust and psychologically rebound from adversity.** It is considering a problem for what it is – a problem – and then swiftly and effectively working towards a solution using appropriate strategies.

Mental resilience helps people to put solid ground under their feet. It supports three main purposes. 1. To keep our self together in a moment of crisis. 2. To help us solve problems effectively using logic and reason. 3. To recover from mental hardship.

Besides having a degree of optimism and hope, it is highly important to face the fact of the new reality. The ability to accept the real situation, will help us eventually overcome it. In other words, adopting the mindset: *This is happening to me. What am I going to do with this? How can I handle this?*

The first step is to understand the right problem - to have the perception of what is really going on, to be honest to yourself with what you see, and focus on the core of the real problem (not its consequences or side effects). Take ownership of your problem and in turn take ownership of the solution.

In case of emotional overwhelm you can introduce a *disrupter*, which interrupts your state of mind and distracts you from the problem. It helps to create space between a trigger and your response to it. Some disrupters could be physical distance, time, and activity.

After taking time to process the situation and your emotions, the second step is identifying the most effective method to fix a problem, resolve a conflict, finalize a project etc. It is essential to adopt the solution mindset and not the blame or victim mindset. The focus of the solution mindset is on the solution, not on the problem.

Easy to say and hard to do, bear in mind that **life has purpose**. In moments of problems, conflicts, crisis and loss, making sense of pain and hardship gives a meaning. Finding a meaning and a way to help yourself, serves to not collapse emotionally and mentally, to recover, and even emerge wiser.

*"I am not what happened to me. I am what I choose to become."* | **Carl Jung**.

## 2.3 The Benefits of Neuroplasticity.

As humans, we have the big luck of the phenomenon called "*Neuroplasticity*" which is the brain's ability to change and adopt due to intrinsic and extrinsic stimuli or experience. Neuroplasticity is a term referring to the **ability of the nervous system to change; to reorganize its structure, functions, or**

**connections**; or grow neural networks. This can involve functional changes due to brain damage or structural changes due to learning.

Through neuroplasticity, the brain can consistently rewire itself and modify its connections; can reorganize itself both in structure and how it functions on a cellular level. This reorganization allows the brain to adapt to changes that come from new experiences, environmental changes, brain damage. It also prevents us from responding instinctively and help us be adoptive to environmental pressure, physiological changes, new experiences.

Neuroplasticity is beneficial in many ways. It shapes out views of the world and how our brain works. It also impacts our memories, learning abilities, subconscious beliefs.

There are five significant benefits of improving our brain plasticity:

1. Helps to learn new things.
2. Helps with depression.
3. Engaging thoughtfully in activities.
4. Helps recovery from strokes and other traumatic brain injuries.
5. Increases brain volume and memory.

Neuroplasticity is an ongoing process hindered or promoted by various factors such as lifestyles, stress levels, daily habits. Practices that enhance neuroplasticity are healthy diet; physical activity; sleep; repeating an activity and retrieving memories; learning and exploring; mentally stimulating activities as painting, meditation, yoga; effective coaching.

*“There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self”.* | Ernest Hemingway

### PART 3.

#### Becoming Charismatic.

It is important to learn how to **be charismatic, create connections and influence people.**

##### 3.1 What is Charisma?

Charisma is an attribute of charm or magnetism that naturally draws people, or many people find compelling. According to a Princeton study, charisma is the combination of warmth and competence.

In my view, there is another element that contributes to charisma, which is the perfect **balance between action and imagination.** We imagine and think what we want, and then we do what is needed to move to that direction. Now, innovative & genuine ideas are the hook.

The perfect blend among these three components generates charisma. Rephrased, it is the **balance between EQ and intelligence quotient (IQ).**

$$\text{Imagination} + \text{Competence} + \text{Warmth}$$

$$=$$

$$\text{Charisma}$$

Reflect about if one or two elements are missing - competent but cold; warm but under performing; creative but impractical; visionary and competent but arrogant and cynical. Would it be charisma?

Personalities that have excelled professionally, inspired people, and have delivered in their own way to the society are Winston Churchill, Martin Luther King, Nelson Mandela, Steve Jobs, Maya Angelou, Antony Hopkins, Giorgio Armani etc.

##### 3.2 Joker | The most loved *Villain*.



No one denies the charisma and appeal of the controversial character of Joker. Reviewing his story some sympathize with him, some glorify him, and others see him as criminal.

Found between two choices, either to continue to be run over by the society or to put the world on fire, he chose to surrender to his vile impulses.

Joker flipped the script – initially a victim he became the victimizer. The audience is fascinated by the popular villain who particular conditions - lack of society's support and medical care - made him a *Monster*.

Based on the comic books and movies, Joker unfolds subtly the importance of kindness; he remained kind to those who were kind. What makes Joker's character captivating is that as evil, he was **not only evil**.

### 3.3 The Use of Charisma joint to Ego. Illustrative Cases.

The real charisma is the innate one which stems naturally. The adopted charisma is a skill that can be learnt but used carefully.

Some famous dictators were charismatic, with childhood trauma and weak character that in specific circumstances became tyrants. Hitler, for instance, took acting lessons and became a notable orator. Disgracefully he used charisma to destroy the world.

Sad to say, many people go through life hardships, still they do not become "Hitler" or "Joker" - two extreme examples who let their ego entirely out of control. They both suffered from abuse, trauma and pain, and failed professionally. Hitler was a fiasco artist and Joker a fiasco stand-up comedian.

They both enchanted their followers promising them pride and grandiosity, which in real terms is translated to chaos. They loudly asserted their ego by channeling their resentment and bitterness in hate, revenge and destruction; and used their pain to justify their crimes.

Hitler and Joker equally represent the dark side of the humanity that can be studied and analyzed to understand and learn how to become better individuals.

A notable case of using childhood pain and intelligence to outshine is Elon Musk who represents a substantial value to humanity with his tech and AI advancements. Despite his debated leadership and personal drama, he epitomizes a positive case of serving the society.

Learning to contain our ego is maybe the most crucial skill - it adds to our leadership charisma and defines most of our choices and actions throughout our journey.

Our personal growth will eventually prepare us how to face this type of personality disorder in business and life. It will spill over and inspire others. It will also help to shape environments that support people in need and discourage or minimize the expansion of *Ego* and *Shadow*.

In the end, born or learnt, what brings the change is using the effective skill of charisma for good – to attach to growth and transformation, to prime and to protect ourselves and others, and to be the impactful effort that drives progress to our society.

### 3.4 How to Become Charismatic. Detecting Fake Charisma.



Charisma is a natural way to build connection. Hence, it is the most effective way people will be open and receptive to your competence.

When you build your charisma think about how people can trust you and can rely on you. To be charismatic you have to be competent, trustworthy, engaged, empathetic, and above all genuine.

You have to be able to communicate charisma effectively with words, vocal and gestures. Experts say that gestures - hands, facial, body, feet - are crucial cues and carry more weight than words.

**Tips how to be charismatic:** be confident; listen; give to get; be attentive and focused; don't appear too perfect; don't put yourself in a position of superiority; choose your language and attitude; use proper intonation; convey positive energy and passion; use humor; remember names and to whom they belong.

**Mutual connection** is highly charismatic. Connection is **recognizing yourself** in something or someone else. Thus, you can connect truly to others only if you are in touch with yourself. When you genuinely care and use multiple ways to show it, it ignites connection.

Charismatic people prime themselves and others with competence and warmth. Heartfelt compliments and acknowledgement spark dopamine to both the giver and the receiver. Recognition boosts the morale, the self-image and the sense of safety.

During our interactions it is important to perceive if other's **charisma is real or fake**. If it is an "*act*" it cannot last forever. Wait and see. People reveal themselves when they feel comfortable enough to drop their guard, typically in two-three months.

Watch what they do, and less what they say. Observe their need for attention and superiority, how they treat others, detect fake – facial cues (e.g., smile, voice), identify if there is an ulterior motive or interest.

**Red flags:** lack of spontaneity; lack of real connection; too perfect personality or attitude; extremely social but superficial friends; inconsistency in behavior; no formal commitments; no reciprocity etc.

### 3.5 Leadership is Influence.

**Our character has value.** The ability to communicate effectively who we are and our charisma, determines our power to influence.

If you learn to build your character, allow yourself to heal, and then convey your whole self masterfully, you will be able to affect people's mindset and behavior. Choose your words carefully and use them thoughtfully.

Be aware of who you have become and who you are talking to - their intention, interests, wants and needs. Use language and perspective that makes sense to them.

When you transmit credibility and reliability, people will listen - will invest energy, attention and time. Building trust leads to building a rapport which is the most affluent long-term approach of influence, whether it is business or personal.

Influence is not about force, superiority, manipulation, tricks, short-term gains. It is about creating a **long-term relationship** based on connection, trust, and reciprocity. It is about coming from a place of honesty to add value and contribute.

A real leader does not need to exert authority to his followers. **A real leader is the authority.** People can be influenced when they feel inspired, when they learn enough, and when they receive enough.

*"Character may almost be called the most effective means of persuasion". | Aristotle*

### 3.6 Healthy Relationships.

Our relationships are a reflection of how we see ourselves. Becoming self-fulfilled and proud of who we are, the only people and relations we need are those we feel joy, support, encouragement, excitement, worth. When conflict is inevitable, we need to learn to repair fights.

Amazingly, the quality of our life depends on the quality of our relationships. Most of the relations spiral around the same issues: dominance and control, trust and intimacy, gratitude and value. We grow together or we grow apart. When we know that it is over, we should dare to let go.

What we all need is a calm mind. Then, each one has to explore his own path and create his own life adventure. Investing in ourselves, constantly growing and improving, help us cultivate loveliness, strength and wisdom.

What's the chance we all can be able to rise into our authentic selves? That's the real-life privilege. Getting there takes time, so make sure you are in the right environment where you can grow and develop. No one says it is easy, but one would say it is worth it.

### 3.7 Inspiring Respect.

- The balance between intellect and emotional intelligence inspires respect.
- Respecting others and truly caring about others invites respect.
- Putting boundaries to protect yourself and the ones you care radiates respect.
- Using your charisma to do good is self-respect and respect to life itself.
- Giving up the delusion of supremacy arises respect.
- Using your skills wisely to become something in life is highly respectful.

## CONCLUSIONS

### Calm Mind | Ten Rules.

We have to remember that our mindset is the canvas, our thoughts the brush, and our life the masterpiece. We must make it count!

1. **Flexibility.** Life is constant evolution and action. No matter how rigid you are, life will eventually dare you. If you grip flexibility and give way to life from time to time, you will weather the storm.

2. **Boundaries.** Setting healthy boundaries is part of self-care and self-respect. When you have the opportunity to protect yourself, consciously choose to protect yourself. It serves as a foundation to build own personal leadership.
3. **Gratitude is the attitude.** Life may not be perfect but there is always something or someone to be grateful for. Find it. And acknowledge it.
4. **The power of NOW.** Yesterday is gone, tomorrow isn't sure, today is moment. That is all we have. Make it jangle in your mind stronger than the past.
5. **Your inner voice.** It tells you the truth. What is right, what is wrong. What is for you, what is not for you. Listen to it. And trust it.
6. **Self-acceptance.** Don't let anyone including yourself make you feel worthless. You decide your own value.
7. **Freedom.** Unless you confront your trauma and fears, you are not free. Freedom is a sense of love for life without needing external factors.
8. **Vision.** Have a vision for who you want to be and what you want to do.
9. **Hero.** The main protagonist of your story, capable to save you, is You.
10. **Keep dreaming.** Dreams help the brain stay fully enriched, flexible, adoptable by providing intense training to leverage its resources and imagination.



*Who cares about perfection? Even the moon is not perfect, it is full of craters. The sea is incredibly beautiful but salty and dark in the depths. The sky is always infinite, but often cloudy. So, everything that is beautiful isn't perfect. It's special.*

*Therefore, every person can be special to someone. Stop being "perfect", but try to be free and live, doing what you love, not wanting to impress others.*

| **Bob Marley.**

#### APPENDIX

##### 1. Reactor versus Suppressor in Toxic Relationship.

In cases of unresolved trauma, unhealthy or toxic relationships arise, in business and life. There are usually two sides of the coin: the reactor versus the suppressor.

The reactor has issues of not feeling seen, heard, or validated. They typically cope by being reactive, emotional, tense, critical. The suppressor has issues of being unsafe to feel and express their emotions. They are typically highly sensitive to criticism and not feeling enough.



The reactor type, at first, is attractive to the suppressor who tends to be charismatic, expressive, and full of life. But during conflict, this intensity can be equally matched by anger, resentment, and sadness. This in turn becomes overwhelming to the suppressor who feels unsafe.

The suppressor type is also initially attractive to the reactor type who may come across calm, collected, hardworking, mysterious but during conflict seems cold, distant, and emotionally unreachable. This can be threatening to the reactor who wants to feel seen, heard, reassured.

These personality traits, whether it is the reactor or the suppressor, are a trauma response to deep wounds and lead to trauma bonding. In reality, their type of relationship is likely to fail. They both will repeat the same patterns in future relationships until they do the deep individual work to heal the inner child wounding that still controls them today.

## 2. People Pleasers. When the cost is too high.

By temperament, there are people that are disagreeable and agreeable. The issue is when people are too agreeable or too compassionate or “*people pleasers*” who become target for toxic people. In various contexts, they can be easily manipulated and used as they don’t stand up enough for themselves as well as for those they care. After all, people treat us how we tolerate.

People pleasers push themselves beyond their limits to do anything about everybody else. At that point, they are not even capable to recognize their limits. If they don’t do what they are being asked, then they fear of not being liked anymore, of being rejected, of not fitting into the norms, of being left alone, or even not being good persons anymore.

The excessive need to be accepted by others comes at a high price. With time, the inability to put boundaries causes a disconnection from the authentic self and has consequences to their bodies and brains. People pleasers become angry, and then bitter, and then stressed and tense, until they drain and explode, or get manipulative to survive. Resentment is a highly toxic state of being.

Most of people’s dissatisfaction in life and work comes from not being themselves and not feeling free to be who they are. In other words, trying to be somebody other than who they really are. They often withdraw from what pleases them in order to please others or not to lose others. Ultimately, this leads them towards losing themselves.

A good and authentic person aligns with his needs and chooses healthy relationships with reciprocal support and benefit. We know it is the right relation, or deal, or life direction, when we are not put into the position to compromise ourselves, our values and our beliefs.

If you manage to accept yourself, those who matter will accept you too. Self-acceptance and self-discipline manifest self-respect.

## 3. Resistance to Change. The Familiar Feels Safe.

Not everyone wants to change. The familiar feels safe and change feels unknown and devastating. Emotions and memories are a record of the past.

Living under the emotional state of *fear of well-being* or *fear of survival* is when the present gets defined by the past experiences and trauma. Even if it is unlikable and unhealthy, the “*survival mode*” feels familiar. Those emotions, in fact, hurt no other person but yourself, and in turn those related to you.

Empirically proven, the long-term effects of living by those survival states downregulate genes and create diseases, such as autoimmune diseases and mental health conditions. Repressed emotions increase the risk of physical symptoms and mental health problems – stress, anxiety, depression, sleep problems, struggling relationships. This might lead further to loneliness and isolation and as well amplify mental health issues.

Sooner or later, there will come important moments where you ask yourself: *Is this love for myself? For how long will I stay in this emotional state? Am I willing to let go?* It is during difficult moment in life, those that matter the most – crisis, disease, loss, betrayal – when people realize it is time to change. The pain of remaining the same is more bitter than the pain of change.

**Change makes life exiting and worth living.** Forgiveness is when you embrace discomfort, accept, and overcome that fear. You take your attention away from that event, person or problem that caused trauma. At that moment, you become capable to free yourself and to free others.

People do their best what they think is available. If you are not aware that you can change and you can control your emotional state, you then rely in something outside of you or external factors or whatever distraction that makes you forget (shortly) that state.

This, though, creates a condition of dependence and you become dependent on the outer world – from alcohol and social media to dominance and control in top-level positions at various contexts, and to delusional sense of self and fake persona.

Making people understand and giving them knowledge that they can regulate and change their emotional state, is the greatest gift. You give them the tools to literally step into a new future. Without doubt, the process is uncomfortable; change takes **courage, discipline, and time**. Many justify their lack of change which is unfamiliar and get stuck to modalities that don’t work but are familiar to them.

In the end, change is a **conscious choice**. Our character defines if we want to take the hard path to healing; if we want to change our inner state or want to get distracted from the outer state; if our life purpose is just to survive or to be content and in alignment with who we truly are.

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