

## CASE STUDY - BUSINESS LEADER

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I am writing this testimonial as a person who is a business owner, ex-corporate professional, woman, mother, partner, yoga teacher, healer, and I can go on on on - but ultimately as a human being that strives for a balanced life with good health, happiness and desire to enjoy life!

We live in the “instant” world and daily demands. Experiences and expectations are spinning us all in many directions that put extreme pressure on our individual health, emotional wellbeing, relationships, family as well as business, and of course our performance across the whole spectrum of our lives. It is therefore more than ever before important to pause and take full responsibility for our own wellbeing, to prioritize the self-development practices and routines to navigate our personal and professional lives with mental clarity and stability, so we can be the best version of ourselves for our families, co-workers and communities.

My self-development journey started many years ago and I have practiced many techniques and methods, and I would not underestimate any of them. However, Mental Yoga coaching approach is unique, as once understood and practiced it can be applied by any one at any time and any place (I call it an “instant fix”).

What I found profoundly different is the ability to develop a skill that allows you to pay direct attention to your physical body first as it responds to any internal or external experience that creates the emotional charge/stress (positive or negative). This attentional awareness gives you the ability to PAUSE (become aware of any tension), RELEASE (any stress forms the body and mind) and RE-ORIENT (bring clarity).

### How Does That Apply To My Daily Life?

I have a family, I have my own business, I live in foreign country, and I want to do my best!  
 I get sick, I get overwhelmed, I get stressed and I become miserable for myself and everyone around but I know I can help myself because of Mental Yoga coaching and their techniques.

**1. How have Mental Yoga coaching and methods helped you in your professional life in the corporate world?**

- Feeling Overwhelmed – removed fear of overwhelm
- Increased my desire to perform at my best and succeed
- Become creative
- Ability to make decisions at the right time
- Communication - ability to better communicate - no emotions, no fears, clear messages, more flexibility to hear and understand
- Flexibility – open to other opinions with non-attachment and non-judgement
- Attention – better at listening
- Take my power back
- Ownership and responsibility for my actions

**2. In what way Mental Yoga helped you handle stress in professional and personal life**

My husband and I are business owners, we have employees, customers, projects but also young kids, house, animals etc... Days can become extremely busy, and it is not hard to become overwhelmed, stressed, detached, unable to sleep etc.. Now let's be real. This is not sustainable. And that's why I engaged with Mental Yoga coaching.

What I found profoundly unique with Mental Yoga is the ability to develop a skill that allows me to pay direct attention to my physical body first as it responds to any internal or external experience that creates the emotional charge/stress (positive or negative). This attentional awareness gives me the ability to immediately PAUSE (become aware of any tension), RELEASE (any stress from the body and mind in that moment) and RE-ORIENT (bring clarity) before I make the next step. Now this is life- changing! The stress is melting on the go, that allows me to function while experiencing the intensity of my life.

My biggest learning so far when it comes to stress at home or work is the ability to PAUSE and be attentive to what is going on in your body/mind. Connect and disconnect. And then the magic happens... as the body relaxes, the mind slows down and the cloud disappears, and you are back on track. You can tell your kids what needs to happen so we all have time to get to school, you do not feel stressed about the upcoming meeting and if you forgot to put everything into the presentation etc.. You are not overthinking, you are just thinking and living.

But in all honesty you need to train yourself and take responsibility, engage with Mental Yoga to keep yourself on track, and accept the fact that this is a daily process that needs to become a routine and that you will need Mental Yoga help here and there to sort out the bigger issues!

**3. Please tell us about the impact Mental Yoga has made on your resilience, bouncing forward in difficult times and facing challenges?**

- Is it really true/real? – our perceptions, past experience and current emotions create our experience.
- Visualization – to overcome the fear and confusion.
- The techniques bring you back to present moment.

**4. How has Mental Yoga coaching, tools and training influenced your awareness, ability to handle change and welcoming positive thoughts?**

- Daily practice – be aware, take a breath, pause.
- Handle change – recognise the uncomfortable feelings/emotions, pause, release and visualize the change.
- Transformation towards positive thoughts – from the past of no desire, no drive, no creativity, no appetite – all these were overcome.
- Overcoming burnout through progressive stable change.

**5. What transformation do you believe you have undergone as the result of involving Mental Yoga?**

Dramatic positive changes in self-esteem, self-care, health, family relationships, work relationships, desire to create and succeed, but most importantly accept what needs to be done and move in the direction you want to go.

**6. What was the impact of Mental Yoga on your role as a business owner, decision maker and leader?**

- Re-established my desire to own and run the business.
- Self - Recognized and acknowledged my experience, skills and achievements.
- Re-defined my understanding of my role in the business and the power I hold.
- Re-built my trust - allowed me to pause and acknowledge that what I do may appear challenging, but that I have all the tools I need to succeed, learn and create.
- Deliver my best – perform with focus.
- Make decision when the time is appropriate and not when others push me into it – be ok to take a pause, say nothing or say “no” before you are ready to make a decision.
- Leadership – overcome the fears of being a leader, not to judge, not to be afraid to disappoint or disagree, listen more intently and be open, set your boundaries, take responsibility for your actions.

**7. How did Mental Yoga influence your ability to engage with your team of subordinates?**

- Get clarity around existing relationships – assess the health of the team members and take clear actions where required.
- Set clear boundaries – overcome the fear of failure or dislike
- Improve communication – learn to listen more, pause, say no and speak when ready (no emotional charge)
- Be engaged again with the team and enjoy the ride we are on together.

**8. How did Mental Yoga coaching help you achieve your professional goals?**

- Immensely! In all honesty, I would struggle to achieve my goals without Mental Yoga.
- Guided Coaching – was a must at the early stage of my new business as I carried a lot of unprocessed, unhealthy and unreal baggage and despite my deep experience and knowledge of well-being techniques, I was unable to navigate and process it all myself.
- Direction – Mental Yoga coaching shines a light on your path, this very unique approach really uncovers your space for recovery and self-discovery.
- Navigation – Mental Yoga teaches you what tools to use on a daily basis to navigate yourself during your journey. Your daily routine and practices gives you the ability to become aware, process and move on with clarity - and this is the essential skill we all need.
- Goals – Mental Yoga assisted me in the understanding and prioritizing of my professional goals. I am able to verbalize them, recognize the actions and timing that is required to achieve these goals, and also accept the fact that you make decisions at a particular time and things constantly change - thus flexibility and open mind is the way to success.

**9. Please describe what you believe other leaders, managers and business owners will benefit from by engaging Mental Yoga coaching.**

Everything I mentioned before plus:

Mental Yoga coaching is a life-changer for each of us as ultimately our daily lives are created by our experiences at home as well as work and out of work. We must find a way to balance all the parts of our lives with the least friction. Mental Yoga is helping me to be the best version of Me for myself, my family, my business and my community. And it's FUN!

**10. Please let us know any gains/achievements you are proud of because of our work together.**

- Started to enjoy every day of my life
- Improved my ability to balance my life and understand my personal and business priorities
- Got my desire for life back
- Separated from a business partner and started a new business
- Recognized my strengths, power, achievement and celebrate them
- Recognized my weaknesses and started to take responsibility for my actions
- Prioritized my wellbeing – selfcare - then extend it to my family, friends, co-workers and community, everyone around me benefits
- Learned to say NO!
- Learned to be flexible and open to change
- Became OK with feeling scared, overwhelmed, confused - this awareness allows me to take responsibility and work on myself – be aware, ask for help, release and live!
- Release the stress/charge and move on
- Get my desire for life back – be curious be creative



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