

## CASE STUDY

Employee

My Journey with Mastering Your Stress Bucket Training

### **How I Finally Stopped Second-Guessing Myself at Work**

Starting a new job is never easy, but for me, it was especially tough. I've always been shy, and I get anxious about getting things right. I overthink processes, second-guess myself, and worry about making mistakes. After a tough few years where my financial security was shaken, this job felt like a fresh start—but I found myself holding back. I didn't want to say the wrong thing or look stupid, so I stayed quiet, kept to myself, and avoided speaking up.

When my company introduced the Mastering Your Stress Bucket training, I honestly didn't know what to expect. At first, I felt really self-conscious in the group sessions, especially with my managers there. My mind was racing, trying to make sure I was doing everything right. But as the sessions went on, things started to click. I had these lightbulb moments where I realised my anxiety wasn't just about this job - it was about deeper fears I had been carrying for years. That understanding alone was a huge relief.

The biggest change in my one-on-one sessions. Through the techniques Lynne used, I saw how my reactions were tied to past fears. I learned ways to reset those patterns, and it felt like something inside me finally let go. The constant mental conflict I had been experiencing had been exhausting, and for the first time in a long while, I felt more at peace with myself.

The week after those sessions was the best I'd had in ages - both at work and in my personal life. I felt more confident, I spoke up in meetings, and I actually started sharing my ideas. My colleagues noticed the difference, too. I wasn't just going through the motions anymore - I felt like I belonged.

I didn't realise how much I needed this training until I went through it. Now, I feel more capable, more engaged, and genuinely excited about my future. Instead of doubting myself, I believe I have something valuable to contribute.

The Mastering Your Stress Bucket training didn't just give me tools to manage stress - it completely changed the way I see myself and my potential. I'm so grateful for this experience.