

***“To gain control, we need to let go of control.”***

***– Pollyanna Lenkic***



**POLLYANNA LENKIC**

EMPOWERING PEOPLE PERFORMANCE

***‘The tighter you hold onto something the more likely it will fall apart in your hands’ T.K. Bollinger.***

Intellectually we know that the harder we hold on the more we lose and derail, and yet, we still hang on tightly creating a blockage that needs to be navigated.

Reflect on what you are holding on tightly to.

What's the emotion that sits here?

What are the behaviours?

What are the outcomes?

I find that when we hold on with an iron grip we can often come from a place of fear, loss or seeking approval.

What are you holding onto that would benefit from releasing the tension?

*Pollyanna*