



How to Visualize Your Way to Success

By Jenny Tryansky, CPCC, PCC - Jenny Tryansky Personal Development Coaching

* Originally written for and published by LifeSpeak Inc. 2021

Have you ever approached a project, conversation or challenging scenario with solid intentions, only to freeze up or get lost in the heat of the moment?

Most of us can think of at least one instance where this has happened. We may be thrown off by someone else's reaction or words, the weight of pressure, or the surprise of an unexpected curveball. So many factors beyond our control can impact how we move through a scenario.

We all want to feel empowered and prepared as we navigate through our lives and work. So how can we prepare ourselves in a way that keeps us tethered to our integrity and empowered to show up as intended?

One impactful way to do this is through visualization.

In co-active coaching, we often encourage clients to get out of their heads and into their bodies, in order to tap into their inner resources in a more 'embodied' way.

Our analytical minds are useful to a point, but sometimes trip us up. Visualization, using your whole body and all of your senses, can offer a new perspective and prepare you in a more fulsome and meaningful way.

Embodied visualization includes imagining and accessing your intentions and desires not just with words or thoughts, but also using sensations, emotions, your voice, assuming physical positions and movement.

Coaches use visualization as a tool in many different ways: Sometimes to guide a client to gain perspective by visualizing a future version of themselves; sometimes, it's to help the client tap into their inner wisdom and resources; and sometimes it's to help them connect deeply to something they want to accomplish, like a job interview, leading a difficult conversation, speaking in front of an audience, or trying something intimidating for the first time.

When we're able to visualize a scenario on a visceral level, we gain more of a direct line to what we want to say, do, feel, and the impact we want to have on others when we're in the actual experience.

Visualization can be such a powerful tool to help you show up not necessarily rehearsed, but ready. It's preparation, not performance. The goal is to connect to how the scenario will *feel* as much as what it will look like, and who you want to be, not just what you'll do.

The benefits of embodied visualization can include:

- Getting you out of your head to gain perspective on the scenario and your deeper intentions
- The ability to connect to what's really important rather than getting mired in the details



- Creating a direct line to your intentions so you're not fumbling in the moment
- Greater access to your creativity and resourcefulness
- More confidence in your ability to act, do and communicate the way you want to
- The ability to get ahead of self-doubt or self-sabotaging behaviours that may throw you off in the moment
- Being emotionally prepared, in addition to being physically and mentally prepared
- The ability to be more consciously responsive instead of reactive

All it requires is an open mind, and a little imagination. It may feel silly or strange at first, but with practice you can guide yourself to prepare for just about anything.

Wrap your Head *and* Heart Around It

A client came to our coaching session feeling apprehensive about an upcoming all-company presentation he had to give to give. He felt as though he was going to have to 'put on a show', and was unmotivated to tackle the PowerPoint slides and other prep work for it. Feeling like he needed to play a part in order to perform well was in direct opposition to what my client valued and wanted to be, which is an authentic leader.

Approaching the presentation from this point of view was making the work feel hard and triggering procrastination. His heart wasn't in it.

Together, we harnessed the power of embodied visualization - not as a way to inauthentically play the part, but to truly be it.

See it, Be it

My client got out of his seat and stood up to use his whole being - body and mind - to call forth who he wanted to be, how he wanted to show up, and the impact he wanted to have as he imagined giving the presentation.

We took the focus off of the specific words that would be spoken, and instead focused on how he wanted to feel, and how his colleagues would feel listening to him speak.

We started with the impact he wanted to have. He began moving and standing differently while visualizing the effect he would have on everyone who would be listening.

We explored some key questions:

- What was important?
- What was the essence of the message he wanted to get across?
- What did he want the audience to walk away with?
- Who would he need to be in order to model the kind of leadership he believed in?
- How does that kind of leader speak, stand, feel as they deliver their message?



My client spoke, stood and felt into all of that using his body and senses. He visualized what the impact in the room (or 'on the Zoom' under current circumstances) would be, and could feel the impact it would bring about within himself.

We also explored how self-doubt may show up as he prepared for the presentation. My client was able to anticipate unhelpful thoughts or behaviors that may get triggered, and visualize how he would tackle them and shift himself back into that inspired and intentional state when they did.

A Different Approach with a Different Mindset

The visualization helped the client reconnect to what he loves about his work and the opportunity that the presentation was offering. He found a new level of excitement, motivation and care for the project and what it would take to prepare for it.

Through the exercise, he also noticed how standing instead of sitting had influenced his level of confidence, so he took empowered action and bought a standing desk in order to give the presentation and continue working in that solid state of being.

Additionally, the visualization helped him access some imagery that inspired a completely different approach to his PowerPoint slides, enabling him to deliver his message in a more relatable, creative way.

Did everything on the day go exactly as imagined or planned? Of course not!

Visualization doesn't guarantee perfectly controlled outcomes. It's a tool to help strengthen your connection to what's important, so you can access your intentions and desires with more ease instead of fumbling in the heat of the moment. And it's a muscle you can continue to develop by continually experimenting and playing with it. You can get as creative and imaginative as your mind will allow, letting the scene come alive with sounds, colors, sensations on your skin etc. The more real you allow the experience to be, the more impactful the exercise will be.

Responsiveness Over Reactivity

I'll share one more real-life example, which demonstrates how visualization can help you access more compassion and be less reactive.

Another client came to a coaching session feeling stuck on how to navigate a working relationship with a family member. Working with family can present many complex and unique challenges, especially when there are hard conversations to be had. This client was getting caught in a reactive loop with her family member, leading to stress and conflict. Each time it happened, she wasn't able to be the business owner she wanted to be, or treat the other person in a way that felt good and aligned with her values. Their complicated dynamic made it feel too hard for her to say what she needed and wanted to say. Both people in the relationship were reacting with emotion instead of rational response.

Through visualization and embodiment, she imagined a future scenario where that reactive loop would likely play out again. She was able to examine what was happening between them from a different



JENNY TRYANSKY
PERSONAL DEVELOPMENT COACHING

go inward. move forward.

vantage point, and see how and why each of them was being triggered. She was able to *feel* compassion and access a new level of understanding by experiencing the dynamic in this way.

The client reported that when it came time to have the next hard conversation with her family member, she was far more relaxed than usual and felt like she could stay on track and keep her inner critic at bay. Visualizing the scenario beforehand, anticipating what might happen in her mind and body, enabled clear thinking instead of letting emotion take over. The fog and confusion that was usually present during these interactions was replaced with a direct line to the points she wanted to get across.

Most notably, she expressed her viewpoint while offering compassion for her family member, which was important to her but inaccessible in previous interactions. It was relieving for both parties and allowed them to have a more in-depth conversation than usual. It wasn't perfect. But it was progress that the client wasn't able to make before the visualization exercise.

Visualization is an accessible tool that can help us meet our goals, create change where we once felt stuck or lost, and face challenges with greater access to our inner resources and strengths. By empowering ourselves outside of the heat of the moment, we can step into the fire intentionally, mindfully and better resourced.

ABOUT JENNY



Jenny Tryansky is an ICF-credentialed Certified Professional Co-Active Coach with a **whole life/whole person approach**.

In her private practice, she works virtually with clients around the world, specializing in working one-on-one with people who are driven yet highly self-critical.

She coaches clients to build meaningful, authentic lives, tackling personal and professional challenges with self-compassion and resilience, as they move forward toward their goals fuelled with confidence instead of self-criticism.



JENNY TRYANSKY
PERSONAL DEVELOPMENT COACHING

go inward. move forward.

In addition to coaching private clients, Jenny is a writer, speaker, workshop & group leader and mindful self-compassion advocate.

She juggles life in Toronto with her husband and young daughter, and her work with clients around the world.

Connect with Jenny on [Instagram](#), [Facebook](#) and [LinkedIn](#) and read her [articles with helpful resources](#) on her [website](#).

[Sign up to her newsletter](#) for occasional emails with helpful insights, resources and news about new programs and workshops!

For a **complimentary exploration call** with Jenny to determine if there's a great connection and fit, send her an email at jennytryansky@gmail.com or connect through her website.