

COLINCU

CONNECTING THE LINKS FOR YOU

SEPTEMBER/OCTOBER 2022

ISSUE 13

**SHOULD YOU STAY OR
WALK AWAY?**

**REIGNITING YOUR SPARK
FOR LIFE AFTER
HEARTACHE**

**STREET HARASSMENT
AND BYSTANDER
INTERVENTION**

**INTERNATIONAL DAY OF
SIGN LANGUAGES**

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WELCOME!

Welcome to COLINCU! A zine that aims to inspire, educate, provoke thought and encourage you to celebrate and be your true self.

For those who don't know me, I am the author of "[The Twists and Turns of a Traveller; Life Lessons, Adventures and Everything in Between](#)" and a coach who helps people overcome obstacles that are impacting upon them living a fulfilled life.

I care about the world we live in and the people within it and believe when people love their lives, they put their best foot forward and this positive energy radiates around them which rubs off onto others.

I am armed with life experience and have a Bachelor's degree in Applied Science (Psychology), a Master's degree in Teaching (Primary) and a Diploma in Professional Coaching.

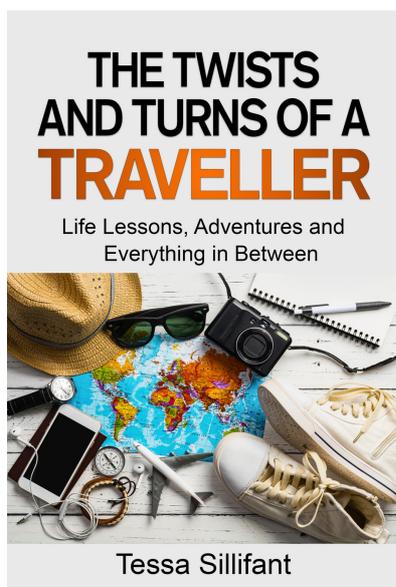
I've worked in a number of different roles over the years, from organising professional development events and activities to providing pastoral care through mentoring and coaching. I've also collaborated with key stakeholders to develop a wellbeing strategy for students at the University of Auckland which sought to get to the heart of the cause of what was causing unnecessary stress.

A lover of travel and life, and a firm believer in the word being a powerful tool - I hope you enjoy what COLINCU has to offer!

If you have feedback, an article, product or story you'd like to share then please get in touch! I'd love to hear from you and celebrate and share what you are up to!

If you'd like to be kept up to date with new issues when they are released - you can [subscribe for free here](#)

You can also find and follow me on Instagram @tessasillifant Facebook @cornishkiwicoach and www.tessasillifant.com



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REFLECTIONS FROM A 40 YEAR OLD

Growing up in the 1980s my childhood was filled with TV adventure classics! MacGyver would deactivate bombs and save the day and Hannibal from the A-Team would utter those famous words "I love it when a plan comes together".

Anneka Rice would run around persuading people to help her complete a challenge for charity, and Richard O'Brien would host the Crystal Maze where all the puzzles needed to be solved to gain that shiny crystal!

My childhood witnessed fashion statement pieces. From shoulder pads to puffed sleeves, to leg warmers and lycra, to slogan t-shirts, shell suits, perms and side ponytails!

Weekends were filled with building tree houses, riding my bike, playing football, making up stories and drawing Garfield! In between, my brother and I would wait, not so patiently, for our favourite games to load on the Spectrum computer! Then on Sundays, I'd sit for hours listening to the Top 40 and would record it from the radio. Repeatedly stopping and starting the cassette player to avoid the DJ's voiceover in between! Oh how times have changed!



REFLECTIONS FROM A 40 YEAR OLD

I wasn't quite sure how I'd feel about hitting the big four oh! After all, I've been exposed to slang I no longer understand, I'm technically old enough to be a grandmother, and I live with constant reminders that I'm no longer 16!

Determined to make my 40th a special occasion, I was privileged to be able to go home to visit family and friends in the UK. It had been four years since I had been home and so much had happened in that time! The journey was long, longer than it should have been because I read my ticket incorrectly and found myself stuck in the airport for 17 hours, forced to wear a mask the entire journey, and overloaded with extra luggage! However, the weight on my shoulders relaxed when I finally arrived in England and was able to spend quality time with so many people I love and care about. When I was back, I was thrown a surprise party, got to see many beautiful parts of Cornwall, and ticked wing-walking off my bucket list! Wahooo! Turning forty felt fabulous!

When I reflect on my thirties, I was excited to reach that milestone. I felt like my life was sorted! How little did I know that it was all an illusion and the rocky road would shudder me through my thirties! I can only hope that the lessons I've learned are paving the way for an amazing decade ahead of me! But life is what you make of it, right? Adventure, excitement, adrenalin, travel, or whatever makes you happy! It's there for the taking if you set your sights on it. It does feel like a lot has changed throughout my years though, and I guess that's a part of life and is a reality for us all. Technology, inventions, research, births, marriages, deaths, war, a pandemic and a generation of Kings ahead of us, are just the tip of the iceberg.

Now I'm older I reminisce over the 'good old days' and try and get my head around things. Things like the 'Back to the future' film, where the film takes us to the future, that is now actually our past! I look at the birth dates of ancestors and try and get my head around that maybe one day someone will look at my birth year and will be like, 'woah, that person was born in the 1980's!' I wonder if I'll have a mid-life crisis and whether that is coming up soon, or whether I've actually already had it!

I'm riddled with flashbacks and cringeworthy moments, but I'm utterly grateful to be here and to have reached a point in my mind where I allow myself to be free! To let it all go and to embrace every perfect imperfection and enjoy the rollercoaster ride called life. After all, age is just a number, right!

"I DON'T BURN BRIDGES... I HAND THEM THE MATCHES AND SKIP TO THE OTHER SIDE" STEPH



Isn't this quote pure genius!

How often have you been in situations where you've walked away because the consequences of staying were worse?

Perhaps you were in need of a reference, or the industry you worked in was small so you needed to quietly exit. Or maybe your wellbeing and mental health was at risk? Whatever the reason, you felt the price for staying was worse than leaving.

What does burning a bridge really entail?

Usually, it means you cut off any hope of being able to go back to that place, maybe it's a position at work, maybe it's a friendship or a boss, or a location. What would you have done to burn the bridge to begin with? Caused a scene? Started conflict? Or perhaps you would have been retaliating against unpleasant and unnecessary behaviours?

To burn that bridge, you'd think that the person would have been pushed to their limit to want to destroy any chance of being able to return to it. So how empowering would it be, to want to burn that bridge, but instead to come to the realisation that the people or situation causing you all this turmoil inside, are actually going to get in their own way? Instead of sticking around to painfully experience the slow burn, you feel empowered. You know that it isn't going to get any better, you know *you* deserve better, you know this is your time to do what is right for you. So rather than get caught up in politics, bad behaviour, or whatever it is that has caused you to want to take such action. You instead leave them to it, smile sweetly, give them the choice to light their own fire, and skip along to the next adventure with people who you choose to be with.

I mean, it doesn't always easily work out that way. It can take a lot of pain and agonising to come to the conclusion of walking away and when you do, you may feel regret or anger towards yourself for not standing up for yourself, for not having the courage to 'fight' for something you wanted or for feeling pushed into a different direction. Let's get realistic, there's usually a consequence to pay for the act of walking away. But, when you reflect, did you feel you were trapped within a world where there was no room for you to be in it, to begin with? If you fought, was it to be heard? To be valued? To be understood? For your basic human rights?

Should you really have to fight for these things?

What's the empowering option?

What emotions do you want to feel?

You can't control how others treat you, but you can choose how you deal with the situation.

Sadly, there are people who are ill-equipped to express their emotions in a healthy way, and many are battling an internal struggle. But instead of facing it and dealing with it directly, it comes out, with you in the firing line.

Everyone has their off days and we need to be reflective, flexible, empathetic and supportive, but when you find yourself in the position of looking to burn bridges, think about how empowered you may feel, if you focussed on your own happiness and wellbeing. Think about what may happen if you just let the situation fester. Think about what may happen if you just handed them the matches to get on with it, so if the situation did self-destruct, you'll be safely on your way, having already skipped to the other side!

SHOULD I STAY OR GO?

Questions you can ask yourself



ARE YOU SAFE?

Are you physically and emotionally safe? Is the person/environment around you supportive? Do they respect and care about you? Do they have your best interests at heart?



ARE YOU FUNCTIONING AS YOUR TRUE SELF?

Are your values aligned? Are you happy with your life and who you are right now? What do you need to do, to find yourself again? What changes need to happen?



ARE YOU AT YOUR BEST?

Are you constantly burnt out dealing with dramas? Is there a repetitive cycle that is bringing you down? Are you trying to fix other people's dysfunction? What do you need to do, to be at your best? What do you need to do to support your wellbeing?



ARE YOU MAKING EXCUSES?

Are you making excuses for other people's behaviour? Do you have boundaries that are being overstepped? Are you being told it's your fault and now believe it? Do your actions come from a good place? Do theirs?



DO YOU KNOW IN YOUR HEART IT'S NOT RIGHT?

Are you staying because you're scared of what it means to leave? Do you know it's time to leave but are not sure how? Are you scared of the consequences?

WHAT CAN YOU DO?

- Reach out to your support network.
- Get professional advice/support if you need to.

RESOURCES

- [What is emotional abuse?](#)
- [An overview of workplace bullying](#)
- [How to know if you are in a healthy relationship](#)

[Verywellmind \(2022\)](#)

WHERE ARE YOU AT RIGHT NOW?

Have you come out of a relationship and had to navigate loss?

Are you feeling ready to move on but feel a bit stuck?

Has time passed you by and you're ready to be excited by life again?

If this sounds like you, I'd love to hear from you!



I've spent years rebuilding my life and identity after heartache, and I want to help others get there quicker!

I have developed a practical solution-focused online course that aims to help you explore who you are and what you want for yourself so that you can make decisions that are right for you! The course aims to provide a fresh perspective so that you can get excited about your life and feel hopeful for your future.

I know how hard it can be to find yourself again, make new friends, and figure out who you really are. But guess what, you deserve to live a life that makes you happy and to have a life that brings out the best in you! Because life is too short to be doing it any other way!

So if you're interested in trialing this free course, in return for providing feedback. I'd love to hear from you!
Contact me at tsillifant@gmail.com



Tessa Sillifant



INTERNATIONAL DAY OF SIGN LANGUAGES 23 SEPTEMBER 2022



Did you know there are more than 70 million people in the world who are deaf?
(World Federation of the Deaf, n.d.).

There are also more than 300 different sign languages used around the world!
(United Nations, n.d.).

The International Day of Sign Languages is an opportunity to raise awareness of equal opportunities and access, as well as support and protect the identity, diversity and language used by all people who sign (United Nations, n.d.).

Interested in learning more about what it means to be deaf in a hearing world? Check out the TEDx video by Nyle DiMarco. Interested in learning sign language - check out the resources below.



TEDx video by Nyle DiMarco

Resources

- [American Sign Language](#)
- [British Sign Language](#)
- [Canadian Sign Language](#)
- [Chinese Sign Language](#)
- [Indian Sign Language](#)
- [New Zealand Sign Language](#)

References

TEDx. (2018, September 6). Nyle DiMarco: Making education accessible to Deaf children.[Video]. YouTube. https://youtu.be/U_Q7axl4oXY

United Nations. (n.d.). *International day of sign languages - 23 September*. <https://www.un.org/en/observances/sign-languages-day>

World Federation of the Deaf. (n.d.). *Who we are*. <https://wfdeaf.org/who-we-are/>

STREET HARASSMENT

I was out walking during the day when a man approached me.
His words made me cringe.
They were disrespectful and unnecessary.

I walked away to avoid his lingering stare.
I told myself it will stop.
But he continued to call after me and laugh.

His tactics became more intimidating.
He later followed me in his car and parked in front of the walkway I was heading to.
Laughing and trying to get my attention.
It was all a game to him.

1 in 2 (50%) women aged 16 to 34 years signalled in a UK survey that they had experienced at least one form of harassment in the last 12 months.

(Office for National Statistics, 2022)

STREET HARASSMENT

What is harassment?

Massey University (n.d.) explains harassment as unwelcome behaviour that is offensive, humiliating or intimidating, that can be ongoing and repeated, or a one-off significant event.

Street harassment can be defined as unwelcome behaviour (comments, gestures, or acts) towards someone in a public setting that hasn't been consented to (RAIN, n.d.).

What are examples of street harassment?

A snapshot of some of the examples provided by RAINN (n.d.) has been provided below.

- Commenting on someone's physical appearance, e.g. their body or the clothing they are wearing.
- Continuing to talk to someone after they have requested to be left alone.
- Following someone or stalking them.
- Intentionally invading a person's space or blocking their way.
- Persistent requests for someone's name, number, or other information.
- Insulting or humiliating/demeaning comments or slurs against part of someone's identity (e.g. sexist, racist, homophobic, transphobic comments).

What can the target do in these situations?

RAINN (n.d.) recommends doing what feels most comfortable and safe, for you at the time.

If you are feel physically unsafe or feel you are being followed, try and make your way to a public place (RAINN, n.d.).

If the harassment takes place outside of their workplace, you can report their behaviour to their employer (RAINN, n.d.).

This is not your fault.

References

Massey University. (n.d.). *What is harassment?* <https://www.massey.ac.nz/student-life/services-and-support-for-students/harassment-and-racial-discrimination-help/what-is-harassment/#:~:text=If%20someone%20is%20behaving%20towards,an%20individual%20or%20a%20group.>

RAINN. (n.d.). *Street harassment.* https://rainn.org/articles/practicing-active-bystander-intervention?_ga=2.209060183.410831248.1662943991-49057573.1661576395

BYSTANDER INTERVENTION

If you witness unwanted behaviour, there are some things you can do to help protect the person it is targeted at. It is also important that you aim to be effective in intervening in a way that doesn't further escalate the situation and that does not put yourself and others at risk.

RAINN (n.d.) has provided the following tips.

DISTRACT

Re-direct the attention elsewhere by safely interrupting the situation.

Aim

To de-escalate the situation.

How

Cut off the conversation and divert it to something else.

ASK

Check in with the person to see if they need help.

Aim

To see if extra support is needed.

How

'Do you need help?'

GET SUPPORT

If you don't feel safe approaching the situation on your own, or the situation is escalating, get support.

Aim

To stay safe.

How

Get friends, people close by or call the Police.

References

RAINN. (n.d.). *Practicing active bystander intervention*. https://rainn.org/articles/practicing-active-bystander-intervention?_ga=2.209060183.410831248.1662943991-49057573.1661576395

HOW CONFIDENT DO YOU FEEL?

Are there things you want to do or achieve in life, but don't feel confident doing?

Are you comfortable embracing situations that take you out of your comfort zone?

Do you feel like you are holding yourself back?

Are you constantly hard on yourself?



If you answered yes to any of these, then this is just the course for you!

I have developed a practical online course that aims to help you develop the tools and strategies to feel confident in different situations so that you can live your best life!

I know how hard it can be, when you hold yourself back. It's frustrating, uncomfortable, challenging and tests you on so many levels!

I'm offering a free trial to a select few, in return for providing feedback! Contact me if you're interested. I'd love to hear from you!

Contact me at tsillifant@gmail.com



Tessa Sillifant



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NEW ISSUES WHEN THEY ARE
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SPECIAL THANKS

COVER PHOTO
OLEXY @OHURTSOV FROM PIXABAY

ZINE DESIGN
CANVA



Left photograph: Tintagel castle, Cornwall

Above photograph: Wing-walk in flight!

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