



Shattered Confidence to Motivational Speaker by: Tarnya Coley

Inspiring women to live a life of purpose





From Shattered Confidence to Motivational Speaker

By Tarnya Coley- Purpose Driven Life Magazine

My life; my journey. Faced with rejection, low self-esteem, adversity, and near-death experiences, this shattered my confidence. I did not believe in me. I chose to listen to the negatives voices that many people would say to me. These negative words would go over and over in my head. For years I did not know who I was, this affected my self-esteem. I assumed the identity that other people gave me. I was walking around like an imposter. I had to make a decision that I wasn't going to believe the lies ANYMORE.

It all had to start with me believing in me. I had to stop the past from defining who I was, or who I thought I was. I went on a journey of healing and, through that process, I have found my true worth. Life is a beautiful journey. I needed to change my perspective. I had to change the way I viewed situations.

Throughout my life, I have sometimes felt that I wanted to close the door on situations and walk away. Some of my life experiences were too painful, and rejection was the biggest obstacle that prevented me from advancing in my life. I allowed it to overtake my life and it changed my perception of how I viewed people. On reflection, YES, there was pain. YES, there was hurt. I had to walk through that door and learn how to deal with the anguish. I had to persevere even when things got burdensome. I failed at times, but I had to pick myself up, dust yourself off and continue the journey. I had two choices. I could have either stayed in my situation. Or, learn from my failures and move forward.

When I was going through my rejection, it was incredibly painful. My dad rejected me and did not want a relationship with me. Even to this day, at my age of 42, he still isn't in my life. I had to start believing that I was beautifully and wonderfully made. Even though I was rejected by my earthly father, my heavenly father loved me. I find peace and joy in knowing that. I am an overcomer. I started to believe in me, and took one day at a time. I now walk in my purpose and calling. I am free, free to be me.

I started to dream big because dreams can become true. I seek to inspire, motivate, empower and create awareness to reach the full potential in others. I love inspiring others to dream big. It is so important to be proud of who you are. Be real and be yourself. Do not let the negative opinions of others to affect you. Be confident in who you are and know your worth.

I started to do things that I never thought I would do. I went to university and studied to be a teacher. I have been a lecturer in Health & Social Care for the past 15 years. I thoroughly enjoy inspiring my students to dream big, as dreams do come true. However, you have to work hard and persevere despite what life throws at you. An important lesson that I teach them is never to give up, quitters never win.

Yes, I am a firm believer in encouraging clients to be the best version of themselves so they can become everything they set out to be.

I desire to help clients to understand the keys to living a pleasant and fulfilled life. Also exhibiting how they can make those small changes so they can have a better quality of life. It is important to believe in yourself because that is where it all starts.



Overcoming the struggles of life.

“ *You never know how strong you are until being strong is the choice you have.*

”

- Unknown



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