

[music playing] [Narelle] Good morning.

Good evening. Buona Sera, wherever

you are in the world. Thank you for joining

us on this episode of The Digital Access Show. This is where we talk

about communication, accessibility and usability,

because after all, accessibility plus

good usability, good accessibility is going to

only give good communication. In the last couple of weeks, we've been looking at the

theme of communication itself. And this is where I

wanted to talk to Laura. Laura, I've met, oh, a couple

of times at different meetings. I've heard her present. She is awesome. Laura is all about empowerment. Everyone, please

meet Laura McIntosh from Stepping Into Your Power. Laura, thank you.

[Laura] Thank you.

Thank you very much. I appreciate being invited

to your amazing podcast. [Narelle] Thank you. Laura, can you tell us

a bit about yourself? How you started, why you're

doing what you're doing? [Laura] Yeah, so

how I started was, I realized that I... wanted to improve myself. So I realized that what I was

doing was not my purpose, and it just didn't suit me. So I did further studies, and now I'm a mind set coach, so I have my accreditations

in Neuro-Linguistic Programming, and also hypnotherapy. Neuro-Linguistic Programming

is the neuro being the brain, linguistic being a language, and programming is all

those memories we pull on to actually have a

reaction to something. So yes, and then, I now

do my purpose every day. And why I do what I do, is because I love making

changes in people's lives whether it be a small

change or a big change. I just love their
look that they get, and I know that when
they go out into the world that they'll make changes
with other people as well. So that's why I do what I do. [Narelle] Yeah.
You actually
have a great message. As I said, I've
seen one of your, I think I've seen a couple
of your presentations now. You just make so much sense. Laura, the reason
why I
wanted you on here today is, as I said, we've been
talking about communication in the last couple of episodes. And really
focusing
in the last episode on what are the
barriers that are still there? And why are they still there? Andrew
Backhouse, from Queenslanders
with Disability Network, made a really good point. He said, other than
the fact
that people are just not aware that the barriers are there, it's people
with
disability themselves accept that the
barriers are there. They accept they can't
read the document, or they can't hear something, or they can't physically
do something. Now, in this day of
technology, digital technology, that's not the case any more. The ways
and the
means are there, but it's that acceptance level that is creating
a barrier as well. What can be done about it? [Laura] Look, it's a way
people
look at the way the world is. And a great example of that is, I have a
gorgeous
daughter, an older daughter, who is intellectually impaired. So we got
her NDIS plan, and I could have looked

at that and gone, oh, that looks like a
great deal of money. Um, but then when I
started working it out, and I could have accepted that, and gone, yeah,
this is what we've got. We now need to make sure how is our daughter
going to go
into the world using NDIS money? And then I realized,
you know what? I could just sit
there and accept it, or I could actually take action and get more money
for her, because I realized
that what we want to do, and what my daughter
actually really wants to do, Lordy, what she wants
to do is be in the world. And the money that they
paid us was not enough. So as a mum, I took action, and
I went forward. And did a lot of research, got all the information
they required, all the reports, and we all know
that's a lot of reports, and sent that through to them. And then just
kept bugging them. Because I was not
going to let my Lordy... be a victim. Get the NDIS and then play woe is me,
that we don't have enough money. And that's what,
that's what gets me into... we probably all heard
of playing above the line and playing below the line. So am I sitting
above the line
or am I sitting below the line? So what does that mean? It actually
means,
um, cause and effect. So am I at effect? And when I'm at effect, I'm, I'm
actually
blaming everything else. So let's have a look
at that. X means Y. So I got Laura's NDIS plan. I looked at it and went,
it's not enough money. I could have said it's too hard. Like we've
obviously
been in a review. It's too hard to go again, and it's just, NDIS
makes it too complicated. So X means Y. And what I'm doing

is I'm playing the victim to the reaction that actually came. So I, rather than being that, I then went above the line and played at a cause. So playing at cause, you are actually taking responsibility for what has come through. Rather than saying it's just too hard, or somebody else will do it for me. So it's taking that, so making you powerless. So if you are in the situation where something comes through and you feel powerless, you start blaming other people, other environments, other doctors. You know, he wasn't that good or she wasn't that good, then you're playing below the line. You're playing at effect. So when you think of effect, think of yourself always being back in bed. [Narelle] Yep. [Laura] So and back in bed means you, you're blaming. So am I blaming? Am I doing X means Y? So this means this and I can't move. Am I making excuses up? And like, oh, you know what? I just don't have time. -I don't have time. -[Narelle] Yep. [Laura] Unless you've got a time machine, that's not going to change. You're always going to be in the present moment in that time. And then D means denial. So think, am I being, holding my self back? So when you, something happens, and you feel like you cannot move. So stand up, or sit down or wherever, but am I moving forward, or am I staying back? Am I staying in bed? So am I blaming? Am I making excuses? Or am I doing denial? Or am I going to go above the line and actually take ownership? So this is Lordy's plan. I'm owning that. [Narelle] Yeah. [Laura] You know, I'm going to own this plan, and I'm going to be coming accountable for the money that has come through. And you know what? I'm going to

be responsible for my daughter, for myself, to actually take action. So, think of yourself now. You've got your oar, and you're actually

rowing forward in life. Am I actually

rowing forward in life? Or would I rather

be back in bed? And if you want to

row forward in life, then you take ownership, you take accountability, and you're responsible, you take responsibility

for yourself as well. Because you know what? You are the only person

that can make the change. [Narelle] Yeah. [Laura] And if

you're looking around for someone else

to make that change, guess what? You're back in bed. So you might as well pull

the covers over your head, because I'm going

to give you an oar, and I'm going to get

you out of that bed. And you need to take

ownership from today. And I know you will. You will take ownership. You'll absolutely take ownership

of everything that comes in. Taking ownership. And you start to ask

yourself the questions. How, how can I do this? How am I responsible for this? And by doing this, what will that give me? And that's the biggest question. What will this give me? Because if I'm in bed, what will this give me? I've got no power. So let's take our power back, and let's get the oar, and take ownership, accountability, and responsibility, and always ask

yourself the question, what is this in,

what is in it for me? So why am I doing this? What's in it for me? And if you can answer that, and I know you

will without saying or I need to do this, I need to do that,

I need to do yada, because we're making excuses, then we are way above the line. Absolutely above the line. And a great man, Robert Dilts, actually says, to be at cause is to

recognize your role in shaping your reality. To be at effect... is to surrender your

power to someone else. I'll read that again to you. To be a cause is to

recognize your role in shaping your reality. To be at effect is to surrender

your power to someone else. And I know no one

wants to do that. So I know you're

going to grab that oar and use that oar to

get you out of bed. [Narelle] You're so right. I've, you know, I've

brought my kids up to, to say, and I kept

telling them, you know, people are only going to change when there is enough of a reason for them to want to

change themselves. No one else is going

to change them. And I'm hoping my

boys have really got that and understand that. The... interesting thing, I love the

bed and the oar acronyms. They have great things

because they're so simple. But what is that first

step someone can take? If they're in the bed, what's the very first step? Is it lying there and thinking, hang on, I do have

to take ownership? Or is it something

even smaller than that? What's the first step

that someone can do? [Laura] The first step someone

can do is actually... close their eyes, and think to themselves

or say to themselves, I love you. I love you. And you is you. I love you. And keep saying it until

you take that first step. I love you. I love you. And it's about yourself. I love you. And when we say I love you, and we feel it from

the top of our head to the tips of our toes, we'll take our first step. [Narelle] Yeah. It's also trusting yourself

enough too, isn't it? That you trust that... [Laura] Trust means different

things to different people. [Narelle] To me, I would say

trust is trusting that, okay, I'm going to be brave

enough even though it's scary. Taking that first step is scary, but I can do it. [Laura] Yeah. You can also ask yourself,

how am I contributing... to myself? [Narelle] Yeah. [Laura] I'm making a

contribution to myself. How am I contributing to this? [Narelle] Yeah. What can I do differently? And I think we all, from my perspective, people can get stuck in their, oh, I did this. You did do that. [Narelle] Yeah. [Laura] Well done

for doing that. Now, thinking about that, if you knew how

to do it differently, what would you do? [Narelle] Yeah. And that's it,

isn't it? Everything, every step in life,

every hour that we live, there's a chance to learn. [Laura] Yeah. [Narelle] And I think

getting out of that bed and taking that oar

gives us a chance to learn. [Laura] It does. It does. And it, look, learning, learning is a beautiful thing. I learn every day. -[Narelle] Yeah.

-[Laura] Absolutely every day. [Laura] And I'm curious. Like I am so curious, about how things work,

how things happen, why I do what I do. And it makes me curious. And... and when people... So whether you'd be,

whether you're... having to sit down, whether you're... even having to lie down, in your mind, just say to yourself, am I moving forward? Is my mind powering forward? Am I stepping into my power? And it may just

be a little word. So we use the word, and we talked about

how we can get out of bed. -[Narelle] Yes.

-[Laura] I have to do this. [Laura] I must do this. By, and I know

everybody will from today, I get to do this. I get to make the change. [Narelle] Yeah. [Laura] I get to get

myself out of bed. So that one little word, and that's what I,

that's what I'm saying is, think of the word that

you're actually using. It feels like it's

holding you here. Or does it feel like it's

pushing you forward? And have... can sometimes people

be pushing back? -[Narelle] Yes.

-[Laura] "Get." [Laura] I "get." I get to get up in the morning. I get to hear what's

going around. I get to feel what's moving. So that one little word

can make all the difference. [Narelle] Yeah.

And it is. It's words. And as you said, it's your

mindset with, you know, you know, blaming

others, excuses. And B-E-D. And I can't remember

what the D was. [Laura] Denial. [Narelle] Denial, yeah. And that's it,

and that's a mindset. Whereas ownership, accountability, relationships moving forward, that's, that's a positive thing. So what are two takeaways that we could leave

everyone with today? [Laura] Yeah. Look, have a think about, draw yourself, whether it be in your mind, a line. So just draw the line. Am I below? Am I above? So when you are

thinking about something, or you're about to do something, just have a think. Is that holding me back? Am I below? Or am I above? And way above. If you're below, just rephrase

some terminologies. Rephrase and have a think that,

what else can I do? What, by me doing this, it will cause for me

to have this effect. And just in your mind, am I stepping above? Or am I staying below? And listen to how

people talk around you. Are they above

or are they below? -[Narelle] Yeah.

-[Laura] And by doing that, that helps you... get above that line and regain your power. And then when

you've got that power, feel that power from

the top of your head to the tips of your toes, and just sit in it. And that's probably

the other thing. When we are in our

beautiful ownership, and we are there

with each other, with ourselves, take time out and

feel that power. Feel that joy. Feel that happiness. And you know what? That's all yours. So stay in it and feel it. And then when

you've had enough of it, then just step out, and it's always

going to be there. [Narelle] Laura, I

can't thank you enough. You know, the message that you give, and just the learnings you've

just given in 15, 20 minutes, just incredible. So thank you. Laura, how can people contact you? [Laura] Yeah, look,

I am on Facebook. I'm on, um, LinkedIn,

so Laura McIntosh. Facebook,

Stepping Into Your Power. And I have my beautiful website, steppingintoyourpower.com.au. And I am here. Just think, I'm

your curly redhead be passive with that, with her words and her messages. -[Narelle] Yeah.

-[Laura] And remember, think of your brightest aura. Are you thinking? Is everybody thinking

of their brightest aura? Now add the L, and you have Laura. [Narelle laughs] [Narelle] Fantastic. [both laugh] Look, thank you again, Laura. So yeah, Laura McIntosh,

steppingintoyourpower.com.au. We'll have the details

at, on a contact board at the end of the episode. So if you like what we do, please like, share,

subscribe, review. We love feedback,

good, bad and ugly. Love it all. And we will see you next time. So thanks again, Laura,

and have a great day everyone. And step into your own power. See you. [music playing]