

Natalie Wills talks about: The Power of Underlying Self-Belief

Interview by [Caroline Smailes](#) Author

I wanted to start 2012 with a series of posts from people who MIGHT just inspire you to be a bit brave. This is the second in the series. Let me introduce you to Natalie Wills, as she talks about ‘Believe in Yourself and You Will Not Fail’:

There are things we know in life and things we choose to believe in. Caroline’s sign-off message at Christmas time got me thinking about the word ‘believe’ so I asked a few friends what the word meant to them?

Replies were varied and included a seasonal reference to Santa, talk of fairies and angels and the goal of Premiership survival for an avid football supporter. A strong belief in the holy trinity and life eternal and a cinematic *Field of Dreams* reference to the whisper of ‘If you build it, he will come’ were also mentioned.

One friend commented that believing means, ‘having confidence in the truth, the existence, or the reliability of something, without absolute proof that one is right to do so’.

One asked for proof in order to believe and another felt believing doesn’t always make things turn out the way you want them to.

So, what happened to us lot growing up? None of them mentioned self-belief and that really surprised me. We encourage children to believe in themselves to rounds of applause no matter what their singing or dancing is like. We tell them ‘of course you can do it, just try’. If they fall at the first hurdle we reassure them that practice makes perfect. My children ooze self-confidence because underlying self-belief, ‘USB’ as I like to call it, is repeatedly instilled in them. As adults we don’t receive as much reassurance or as many compliments, least of all in business, hence we lose some of that ‘USB’. We shrug it off for fear of appearing cocky or arrogant.

Don’t get me wrong, I falter where ‘USB’ is concerned, as I’m sure we all do from time to time. However, I fully believe – there’s that word again – in the need for ‘USB’. When I falter I try my best to pick myself up again. When my self-belief is restored I won’t be told by anyone that something is beyond my reach. I must, from the outset, believe I can reach my aim or realise an ambition otherwise I will fail.

During 2011, my role at work was made redundant at a point in my life where I felt I could least cope with further upheaval. I was struggling to accept the sudden and unexpected death of my mother, my compass in life, six months prior to redundancy and was petrified that more enforced change would shatter my world.

So, I spent the summer with my children before my eldest started school. What should have been precious time was, in fact, a very confusing time – grieving, playing, worrying about the future. I clung on to the belief that all would be ok. I have to believe because it has to be true. I have to believe I can accommodate grief into my life and I do believe I will succeed in my

new business venture. My new business began on a memorable day, the day my son started school. I know it might not be plain sailing but I believe I will get there and I'm prepared to give it my all.

With Vivian Greene's words in mind I'm hoping and believing 2012 is not going to be, 'about waiting for the storm to pass'. It's going to be about 'learning to dance in the rain'.

I hope the new year sees me believing in myself more consistently whilst I strive towards my goals. If I believe a little more and doubt a little less I know 2012 will be a better year.