

**LEARNED  
HELPLESSNESS**

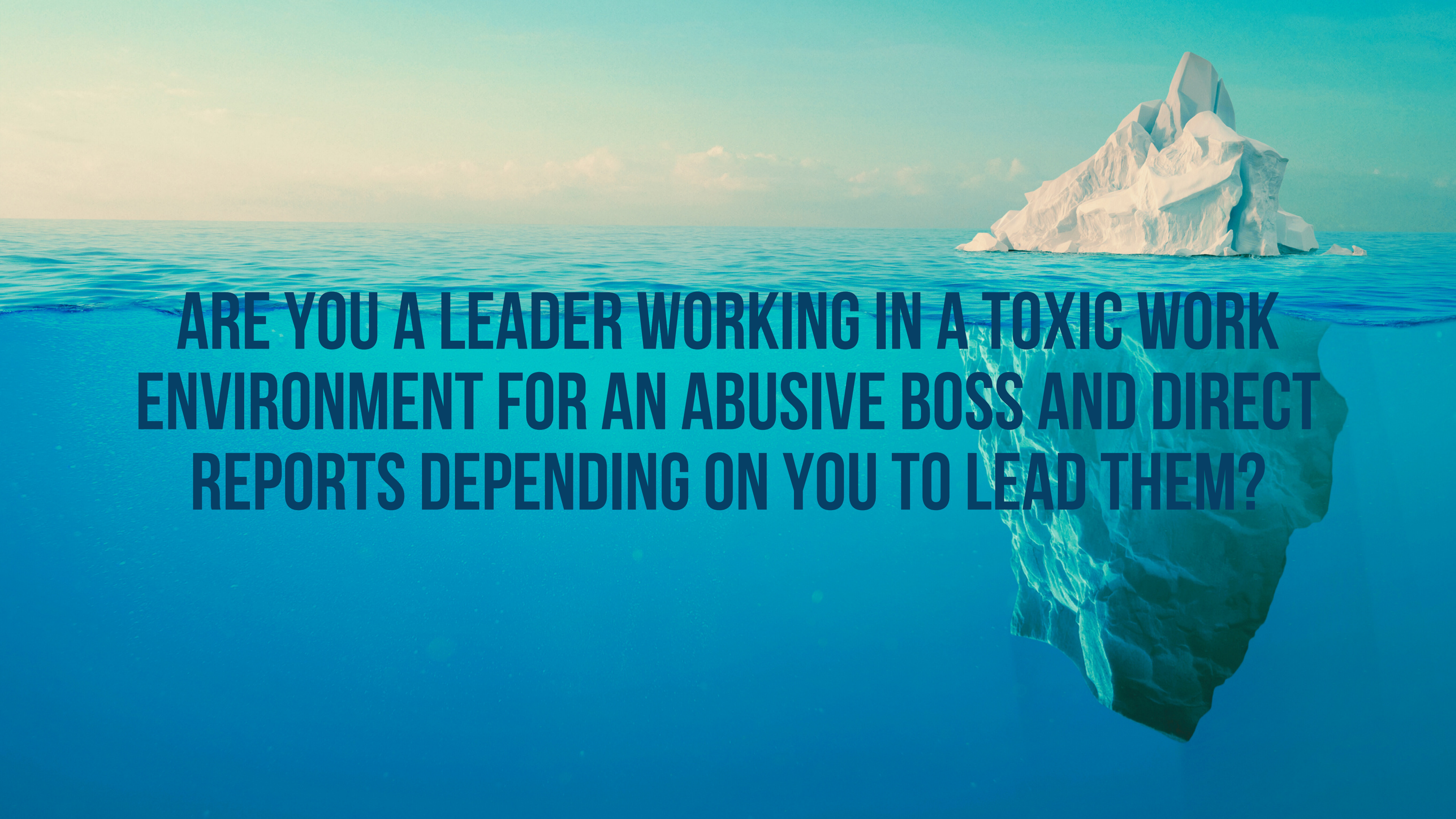
**THE ENEMY  
WITHIN**





LEARNED HELPLESSNESS IS A **PSYCHOLOGICAL PHENOMENON** THAT OCCURS WHEN AN INDIVIDUAL BELIEVES THAT THEY HAVE NO CONTROL OVER THEIR CIRCUMSTANCES, EVEN WHEN OPPORTUNITIES FOR CHANGE OR IMPROVEMENT ARE PRESENT. IT DEVELOPS AFTER A PERSON HAS EXPERIENCED REPEATED NEGATIVE EVENTS OR PERCEIVED FAILURES, LEADING THEM TO FEEL HELPLESS AND **UNABLE TO TAKE ACTION** TO IMPROVE THEIR SITUATION.





**ARE YOU A LEADER WORKING IN A TOXIC WORK ENVIRONMENT FOR AN ABUSIVE BOSS AND DIRECT REPORTS DEPENDING ON YOU TO LEAD THEM?**



HAVE YOU TRIED EVERYTHING IN YOUR POWER TO  
CHANGE THINGS BUT HAD NO SUCCESS?





HAVE YOU REPEATEDLY  
SAID TO YOURSELF "WHAT'S  
THE POINT, IT DOESN'T  
MATTER WHAT I DO THINGS  
AREN'T GOING TO CHANGE?".



IF SO, YOU HAVE SLID INTO LEARNED HELPLESSNESS -  
YOU HAVE **LEARNED** TO BE HELPLESS BECAUSE NOTHING  
YOU TRY MAKES THINGS BETTER - YOU BELIEVE **YOU**  
**HAVE NO CONTROL** OVER YOUR CIRCUMSTANCES.

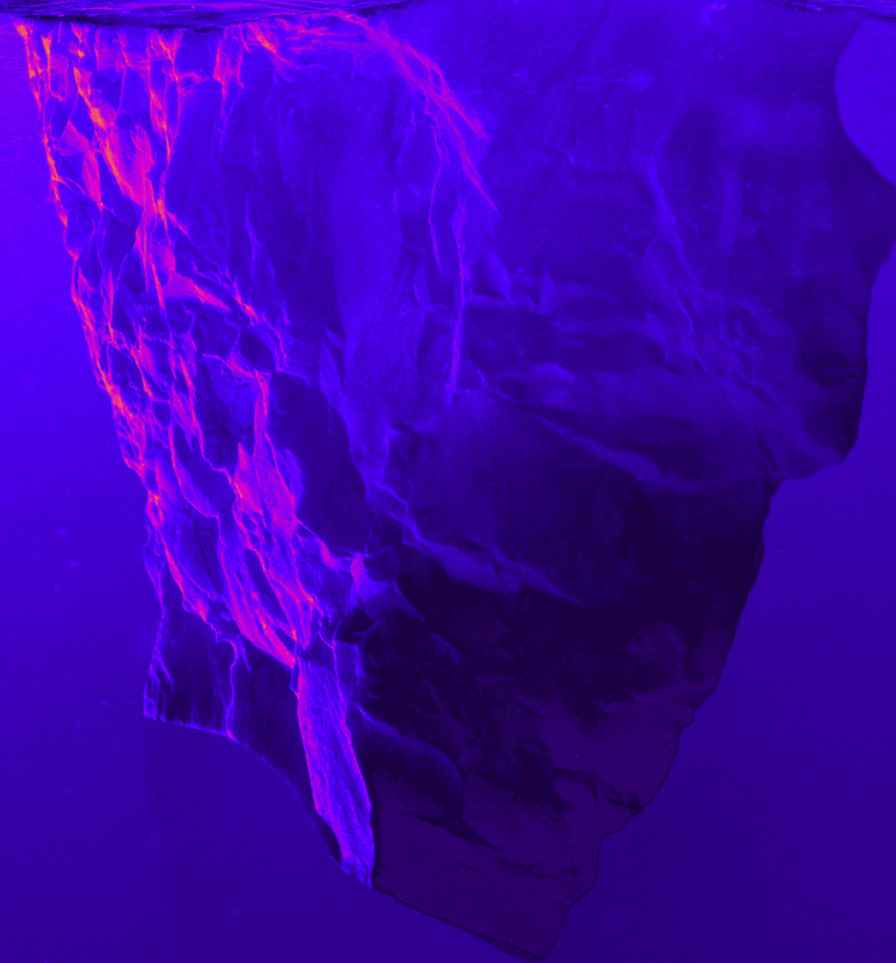
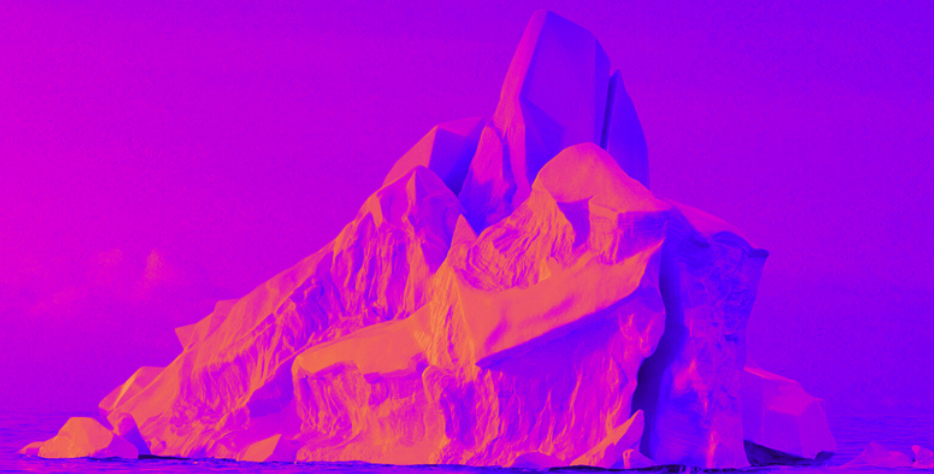
OVER TIME, THIS WILL  
DESTROY YOUR SELF-  
CONFIDENCE, CAUSE  
DEPRESSION, ZAP  
YOUR ENERGY AND  
STOP YOU FROM  
LIVING A FULL LIFE.





THERE IS NO INSTANT FIX FOR  
LEARNED HELPLESSNESS BUT  
WITH THE RIGHT STRATEGIES,  
TOOLS AND SUPPORT IT CAN BE  
OVERCOME SUCCESSFULLY.

DON'T STRUGGLE IN SILENCE.





LET'S DO SOMETHING AWESOME TOGETHER.



**Disrupt Your Limits.®**

**NOTHING TO LOSE.  
EVERYTHING TO GAIN.**

**Norm**   
★ ★ ★ ★ ★

**BOOK A FREE 30 MINUTE CONFIDENTIAL  
CONSULTATION WITH ME HERE ABOUT  
TAKING BACK CONTROL:**

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