

marie claire

Meet The Inspiring Women Fighting Stereotypes



 marieclaireuk

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Negative labels make you question yourself. They make you hide your true self. They stop you from doing what you love and going after what you want.

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'I've fought labels and stereotypes my whole life. One label that I am confronted with often is that I'm too young, I got this a lot when I left my corporate job at the age of 25 to become a happiness coach, making me question my entrepreneurial journey. Another label that I have been faced with is that of a foreigner. Having grown up in 4 different countries I've been labelled a foreigner wherever I go, never feeling at home anywhere and wondering if I'd be a stranger wherever I ended up.

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slow me down in going after my dreams and I'd pretend to be someone I wasn't.

I stopped listening to the labels and started creating my own. I stopped caring what people said and made a conscious effort to stop putting myself down. I made it my mission to go after my dreams no matter what anyone said.

I surrounded myself with people who were my biggest fans and supporters – and when in doubt, I went to them for encouragement.

When people force labels or stereotypes on you, they often don't realise how they make you feel. Often it's their way of dealing with a foreign situation and hence they put a label on you to make it easier for them to get to know you. Be brave enough to tell people that what they're saying is making you feel bad – and then explain to them who you really are.'

Susanna Halonen, happiness life coach

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