



Eulalia Codipietro

Becoming a
**CHAMPION
OF JOY!**

How to quit despair,
embrace fulfilment
and become
your greatest heroine !

MY KEYS TO
TRANSFORM
YOUR DIFFICULTIES
INTO A
CHAMPIONSHIP
OF JOY

Champion

Eulalia Codipietro

Becoming a Champion of Joy! How to quit
despair, embrace fulfilment and become
your greatest heroine

My keys to transform your difficulties into a championship of joy

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To you,

To your will, strength, courage,
resilience, perseverance and power to bounce back
back to Joy

"When you find joy within yourself,
you discover that the whole world is full of beauty" - Rumi

PREFACE

"Welcome, Champion of Joy!"

Yes, I'm talking to you, even if you can't see it yet!

Okay, if right now you:

feel desperate, overwhelmed by deep sadness
or downright depressed

doubt yourself and your abilities, you have lost your confidence,
feeling discouraged by your life challenges

feel small and like your life is not worthwhile or that you are not worth anything
or
you feel worthless and useless

are frustrated because your life is not the way you'd like it to be,
and you deal with the feeling of failure

sometimes feel vulnerable, unable to cope with certain situations or

feel weak and powerless

or even,

feel alone looking at the face of a mountain to climb that seems too big and steep for your abilities, and

feel unable to overcome obstacles that stand in your way

feel like you are stagnating and not making any progress in your life

feel you are in a subordinate position in life, or do circumstances seem to dominate you

feel demotivated in your projects

feel down, with no energy or motivation to keep going...

...Joy may seem like a mirage to you.

A few years ago, I was all those women too. Life seemed to bring me down, in a brutal knockout. I got back up, and won my challenges, one after the other, by continuing to invest in myself and in my personal growth. I focused on my passions and my dreams. I cultivated my personal way of living in joy.

If things are not going well for you right now, my words may seem hard to believe. Even more so, if the difficulty you are experiencing is health-related. Then becoming a Champion of Joy may appear like a distant utopia. That is why

I have decided to share with you episodes from my life, including illness of seriously ill family members, and the health-related challenges that I had to face it.

If you are ill, or if you are close to someone who is ill, you will see that my path to joy is non-linear, nor it has the scent of euphoric excitement.

Besides illness, I have also experienced the challenges of a "healthy" life: the stress of a first job, professional ambition, separation, motherhood, career transition, building (and deconstructing) a home, financial worries...

In this guide, I share with you some of the keys that have enabled me to return to my equilibrium, and reach a state of mental stability and ease, which I call lasting inner happiness. Aka Joy.

Through the pages I offer you a few episodes from my personal history: it is a real effort in overcoming my own vulnerability and ordinary reserve. I offer you a glimpse into my soul, and I ask you to take care of it as much as I hope it will help you on your way.

As you begin reading these pages, I'd like to ask you first of all to believe in yourself and your unlimited potential to rediscover your joie de vivre, and to entrust me in guiding you to take your first steps along the path of joy. In physical re-education, it is said that there are two key moments that show if a person who stopped walking because of an accident will start to walk again. The first one, is when this person is able to stand up again, the second is when the first step is taken. I hope this guide will inspire you to bounce back and walk again towards your personal joy in confidence.

I will be waiting for you on the next page, Champion of Joy!

Eulalia Codipietro

ABOUT ME

Before leaving you to the guide, I would like to introduce myself: my name is Eulalia Codipietro, mindset and self-empowerment coach @move.to.joy. I coach career-oriented women, and also organizations, who have understood that women an invaluable source of creative and leadership power, and that joy is serious business!

I'm here to help you rediscover your joie de vivre and achieve personal success, with passion and determination!

As part of the key activities in my coaching, I help women discover their passions, align their values and set and reach inspiring goals. I guide them in creating a realistic and exciting action plan to achieve their authentic aspirations. I firmly believe in the power of joy to fuel self-esteem, self-confidence and resilience in order to overcome obstacles and unfold one's full potential.

My coaching clients appreciate my personalized, non-judgmental support, active listening, probing questions, ability to help them reformulate their thoughts, and a structured yet creative approach that enables them to think outside the box and gain greater awareness.

In their journey of personal growth, they step out of their comfort zone, having to confront their vulnerability. Facing this kind of discomfort in order to evolve is an act of courage on their part: I support them in this transformation, ready to encourage, motivate and guide them all the way, so that they achieve the success they desire.

Through my previous work experience in project management and risk management where I have been consultant on complex transformation projects, I have developed skills in organization, planning and decision-making that are