



Marie Ynami with Regina Baker
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Stepping Out of Your Comfort Zone

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We're here today with Regina Baker, motivational and inspirational speaker and trainer. We're here to talk to her about stepping out of your comfort zone.

Welcome, Regina!

Regina: Thank you, Marie.

Marie: I'm so excited to talk to you about this topic, because for women this is a big thing, stepping out of their comfort zone.

Regina: Yes it is.

Marie: Regina, before I get started with the interview, since I did send you some questions, why don't you go ahead and give us a little bit of an introduction about you, so that we know you a little bit more and we can understand your expertise.

Regina: Absolutely! Thank you so much for having me, Marie.

A lot of people always ask me, "What do you do?" and that's really funny to me because I'm what you call a multi-faceted entrepreneur. That just simply means that there are various business entities that I'm involved in.

But my primary businesses are listed on ReginaBaker.com. They involve speaking, consulting and radio broadcasting.

Plus, my other business, www.WAHMCart.com, which provides e-commerce solutions for work-at-home moms.

And so I know that's a mouthful, Marie, but anyone who wants to know about me can always visit me at www.ReginaBaker.com and they'll be able to find out a little bit more about me.

Marie: Awesome. Alright then, Regina, let's go ahead and get started with our interview.

Can you share a situation in your life when you had to step out of your comfort zone?

Regina: Oh, absolutely. This was when I started speaking at live conferences and seminars to live audiences. That was basically because I was so comfortable doing teleseminars over the phone, because I didn't have to worry about people looking directly at me. So that was very easy for me to do.

But when I started the public speaking, that was the real test.

Marie: And Regina, if you don't mind me asking, how long ago was this when you had to first start doing your public speaking?

Regina: Well, public speaking for me has been going on for several years, but the major part of my public speaking began about five years ago.

Marie: Now what were your feelings or your fears when you realized that you had to actually step out of your comfort zone?

Regina: Public acceptance. You know, standing in front of an audience for the first time can be quite intimidating, to say the least, Marie.

I was looking around the room for how people would perceive me. That was frightening, and the first thing a female thinks is "Is my hair intact? Is my hem hanging from my skirt? Is there food in my teeth? Is my message compelling enough to capture the audience's attention?" and so on and so forth.

So all these things ran through my mind as I spoke.

Marie: So then, Regina, was this a positive experience for you after you were

able to get over that first time that you had to speak publicly?

Regina: Yes, it was positive. It was very positive. One of the things that I think we have to do, Marie, is to basically take the focus off of ourselves and think what is it that we're providing to an audience?

The whole purpose of speaking is to be able to provide information to people, so I had to get out of myself.

"This is not about you, Regina. It's not about how you look. It's not about is your hair in line. It's what is coming out of your mouth that is going to compel people to want to hear what you have to say."

Marie: Right, that's something that I didn't even think about. Sometimes you do get wrapped up with, "Oh, what are they going to think about me, how I look, and things like that?" So that's an awesome point.

Now what step did you take to step out of your comfort zone?

Regina: Well, first of all, prayer, audios, CDs, tapes, books, faith, and practice. You see, I knew if I didn't set my mind to stepping out of the box per se, that I would still be in that box, you know?

I also stood in front of the mirror a lot and practiced by speaking to myself. It wasn't to look at myself, because I don't know if you've tried this, Marie, but standing in front of the mirror talking to yourself is not that easy, because you think about talking to yourself.

Is what you're saying making sense enough to you. If it is and you get comfortable doing that, then you can speak to other people.

A couple of books that I also read were *Winning Without Intimidation* by Bob Burg, and *Freedom From Fear* by Mark Matteson.

Those are two incredibly fabulous books to help you step out of your comfort zone.

Marie: Awesome. So these are books that we'll have to definitely check out.

Now Regina, this question I'm asking you next is not something that I had sent you, but it just popped into my mind as you were speaking earlier.

Stepping out of your comfort zone is not necessarily for people who need to go and do public speaking like you do. It's something that any woman would need to do if they want to get over their fear of speaking to other

people.

What is your suggestion for let's say a stay at home mom who's very shy but wants to meet other women. What would be your advice to them?

Regina: First of all, when you have a desire to do something, it's part of your purpose. So what you have to do is make up your mind first. "Is this something that I'm going to do or is it something that I'm going to allow to keep me afraid?"

Marie: Oh, I love that. That is so powerful.

Regina: Yes. So what you do with that is you begin to go out. Now when you go out you don't have to automatically start speaking to people. Get comfortable with being out first, and I'm talking about as simple as the library. As simple as taking your kids to the zoo. Just getting out amongst people..

As you continue to do that, then just strike up conversations. They don't have to be about business. Pay attention to what information you're receiving as well as what information you're giving.

It's paying attention to what you do, because I think we don't pay attention to what we do. We don't put a lot of emphasis on what we do when we're just speaking to somebody.

So you've to get out. Start getting out and getting over the shyness part, and that's just speaking to people period.

Marie: Now how do you motivate yourself? Like when you first realized that you had to step out of your own comfort zone, how did you motivate yourself to take that first step?

Regina: This ties into this last question that you just asked me, and that is because I've always wanted my own business. You see, after working in corporate America for a few years, I knew it wasn't for me. I just knew that that was not going to be the rest of my life. So I figured if other people could do it, so could I.

Now what really inspired me was my brother, Reginald, because as long as I can remember, Marie, and I'm talking about as young as our early teens, he always talked about freedom, financial independence, and doing the things you want to do and being the person you want to be.

So that's what motivated me. I thought about those things. I thought about

how my grandfather was. My grandfather wasn't the type of person that just settled for what was around him. He always took the steps to get outside of what is the norm.

So as I began to do that and think about the people in my life and encouraging messages and positive messages in tapes and audios and books, that's what motivated me to take that first step.

Marie: So it's the desire.

Regina: Yes, it's the desire.

Marie: Right. So now you have the desire and that motivates you. How do you overcome the fear of actually taking that first step?

Regina: Well, my mentor! Although I don't have the same mentor right now, but he was the one who helped me understand that fear is False Evidence Appearing Real. Isn't that awesome?

It's something that we do to ourselves. See, I personally don't believe we're created for fear. It's something we accept. I had to believe in myself.

I began encircling myself with people who spoke positive words, which produced positive actions. Then the fearful things just went away. There was nothing for me to fear!

If I wanted to be this person that I desired to be, I had to be able to say "Fear is not a part of this at all."

Marie: Hearing you say that, it makes me realize that fear just starts when you...for me, for example, if I introduce those negative thoughts in my head, then that's where fear will come in that will probably make me not want to step out of my comfort zone.

So it's just forgetting about those fears then, huh?

Regina: That's right, but it's a process of elimination.

Marie: I heard you talking about a mentor, and a mentor is basically somebody who helps you...how would you define a mentor?

Regina: A mentor is someone that you actually look up to in terms of what they have to offer you to better yourself. A mentor is not somebody that you just say, "Oh, I just love this person! I've just got to be around this person all the time," and you're just overwhelmingly impressed with what they have.

No, it's a person that can help you get past the challenges that you're dealing with in your life, and my mentor could do that. He could speak to me in ways that I heard what he was saying.

And he met me at the level of where I was, that helped me come out of that particular place.

Marie: So how would a person look for a mentor?

Regina: Basically a mentor can actually be a person that you never meet. It could be a person who writes books. For example, I love John Maxwell. I consider him an authority when it comes to what I want to read, what I want to hear.

So in a sense he could be what you call a hidden mentor, because I want to read all of his books. I hear what he's saying and I receive what he's saying.

So it's not so much that you go out and look for a particular mentor. Whoever can provide that compelling information to you, a person that can help you to get past the fears or the challenges that you're directly dealing with, then you can somewhat consider that person a mentor.

Marie: Now Regina, how did you feel after you stepped out of your comfort zone?

Regina: Like a ton of bricks had been lifted off my shoulders! It was a relief.

I feel that everyone is purposed for something, Marie. It's not until we accept that purpose that we're able to understand that it becomes normal for us, because it was designed specifically for us.

So it feels natural. It feels like, "Oh, I finally got to that place. Oh, this feels wonderful!"

It's not a big-headed thing. It's like you get to a point where you're taking an exam and you know you studied for that exam, so you expect to make a high grade on that exam.

And that's how I felt once I stepped out. I did all of my studying, so once I did that I was ok.

Marie: Did it take you a few times before you overcame that fear, or was it just the one time that after you stepped out of your comfort zone it was like, "I'm free! I'm not afraid anymore."

Or do you still feel that fear sometimes?

Regina: I think that as a public speaker the thing that keeps you most humble is when you go into the front of a room to speak to an audience of people and you still have that nervousness. I wouldn't call it fear. It's nervousness.

Nervous means that you're still humble. When you get to the point where you're so 'higher than,' I believe that's when you've just got really big-headed about what you're doing.

I believe every speaker has some type of nervousness, because it's the message that you want people to receive. It's not you, it's the message.

So yeah, I still have nervousness, even doing this interview. It's nervous for me because I want the information....

Marie: You don't sound nervous, though. I'm probably more nervous than you are! [laughing]

Regina: [laughing] Well, see I want my message to reach someone. It's not about who Regina is. It's about what can I help a person with.

And yes, it took several times of getting in front of the room and getting more comfortable each time, so no, it wasn't just a one-time thing.

Marie: Why do you think it's important for women to take that first step to get out of their comfort zone?

Regina: Well, it's only important for women who believe there is a first step to take. It's also important because there is so much joy in doing what we're purposed for. It's like fitting perfectly in a pair of gloves made exclusively for you.

We are also to be examples for the younger generation, for our kids. Children do what we do, not what we say. So it's very important to take that first step.

It's like a woman who gets married for the first time, and she and her husband decide to have kids. That's a first step.

So it's very important to go ahead and take that first step when you believe there is a first step to take.

Marie: Now Regina, do you have any tips that you want to share for women who are afraid to step out of their comfort zones?

Regina: Absolutely, and the first one is this: be true to yourself. Don't allow fear to keep you from fulfilling your God-given purpose. You've got to allow yourself to go through the process. There's a process to everything that we do.

When going through that process you are able to receive so much wisdom and knowledge. I feel like this, Marie, that revelation knowledge is a gift. It's learning something in-depth, not something that's just on the surface.

You may have known about it on the surface, but once you allow yourself to learn it for what it really is and how it pertains to you, there is an even deeper understanding, because it was meant for you all the time.

Also, read books, listen to audios, talk to positive people, learn what you don't know, and seek a mentor like we talked about earlier. Maybe it's an author, maybe it's a life coach, one who is capable of meeting you where you're at right now and taking you where you're designed to go.

Last but not least, stop looking for the secret to be revealed. I think a lot of people think it's a secret thing that has to be revealed. There is no secret. It's all in the instruction manual, and for me it was the Bible.

Every motivation, every good positive thing comes from that Word, and that's what you'll see in a lot of motivational books.

Keep yourself in tune to positive affirmations, reading positive books, talking to positive people, and networking. That's the most incredible thing that I've seen that women can do to get out of that comfort zone.

Marie: Regina, you know what, you shared so many do-able tips. They sound simple enough for any woman to do. I really appreciate you taking the time and letting me interview you and sharing your wisdom with other women.

Again, if we want to go ahead and find you, we can visit you at www.ReginaBaker.com.

Regina: That's right.

Marie: It's your website that shows the different things that you do.

Regina: Yes, it is.

Marie: Awesome. Regina, thank you so much for your time. I truly appreciate it.

Regina: Thank you so much for allowing me to share!

Marie: No problem! You shared such awesome awesome tips for women. Thank you, and bye bye.

Regina: Bye!

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