

Angeli Shaw
mentoring

5 steps to raise your vibe

*Alternatives to the common ways of self
care...*



www.angeshawmentoring.com.au

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Why Every Hairdresser and Beautician Needs This Ebook

In the demanding world of hair and beauty, staying ahead requires more than just technical skills. It demands a holistic approach that includes mindset, physical well-being, and effective personal boundaries. This ebook is designed to provide you with practical, actionable strategies to enhance your career and support your personal life. By integrating these insights, you'll not only become a better stylist but also a more balanced and fulfilled individual.

Follow to the end and do
the exercises and hear, see
and feel a difference in your
day to day life.

What's in this E-Book...

1

Achieve Professional Growth with a Positive Mindset

Learn how to shift from a fixed mindset to a growth mindset, transforming everyday challenges into opportunities for improvement. Discover how setting daily intentions and reflecting on positive lessons can lead to continuous development, helping you stay motivated and resilient in your career.

2

Take Control of Your Professional Journey

By reading this ebook, you'll gain the tools and knowledge needed to take control of your professional journey. From mindset shifts and physical health tips to digital consumption and boundary setting, every chapter is packed with actionable advice aimed at delivering tangible results. Transform your approach to your career and personal life, and watch as you achieve new levels of success and fulfilment.

3

Enhance Your Physical Well-being with Simple, Effective Strategies

Explore easy ways to incorporate physical activity into your busy schedule without needing to hit the gym. From doing squats while scrolling through social media to taking walks while listening to podcasts, these tips will help you stay fit and energised, ultimately boosting your productivity and creativity in the salon.

4

Protect Your Energy and Set Effective Boundaries

Master the art of saying no and setting boundaries to protect your personal energy. This ebook provides techniques for maintaining a high vibration, avoiding negative influences, and managing client conversations effectively. By establishing these practices, you'll create a more harmonious and productive work environment, leading to greater satisfaction for both you and your clients.

5

Protect Your Digital Space for Mental Clarity

Understand the importance of being selective about what you expose yourself to online. Learn how to manage your social media feed to reflect positive, inspiring content that supports your growth. This ebook will guide you through practical exercises to ensure your digital environment contributes to your well-being rather than draining your energy.

Got some momentum now? Looking at ways to further enhance and grow? This is where so many can get stuck, resulting in procrastination, stagnancy and an 'I can't do it' attitude. Don't be hard on yourself if you get stuck here. We've all been there (including me) but through exploration, curiosity and a willingness to step out of your comfort zone, you'll soon find your way, and continue the momentum. Making real change in your life means taking the necessary actions, and then remaining consistent, after all, everything takes time.

Your work is not just about styling hair or doing a treatment—it's about transforming how your clients feel about themselves. This responsibility can be incredibly fulfilling, but it also comes with its own set of challenges. One key to navigating these challenges is understanding the power of your mindset. A growth mindset, which is the belief that abilities and intelligence can be developed with effort, is essential in our industry. When you adopt this perspective, you start to see every obstacle, including client no-shows, as opportunities for growth rather than setbacks.

Achieve Professional Growth with a Positive Mindset

Consider a client who doesn't show up for an appointment. It's easy to feel frustrated and take it personally. However, shifting from a fixed mindset—where you might see this as a sign of failure or disrespect—to a growth mindset allows you to reframe the situation. Instead of focusing on the loss, ask yourself, "What can I learn from this?" Maybe it's a chance to evaluate and improve your deposit policy. Perhaps by requiring a deposit, you can minimise the risk of no-shows and ensure that your time is valued. This reflection transforms a negative experience into a constructive one, paving the way for a more resilient and proactive approach.

Lastly, a growth mindset encourages collaboration and support within your community. Instead of viewing other hairdressers and beauticians as competitors, see them as sources of inspiration and learning. Share your experiences, challenges, and strategies with each other. By creating a supportive network, you build an environment where everyone can thrive. Remember, your success is not diminished by the success of others; in fact, it can be amplified. Together, you can navigate the ups and downs of this rewarding profession, continually evolving and improving along the way.

Complete the following Worksheet to see how you can recognise the differences between a fixed and growth mindset.



Put 'G' for Growth or a 'F' for Fixed next to the matching mindset

1. WHEN I FAIL, I LEARN LESSONS ☐
2. I CAN DO ANYTHING I SET MY MIND TO ☐
3. I CAN'T CONTROL HOW I REACT TO DIFFICULT PEOPLE ☐
4. IF THEY'RE NOT MY CLIENT, I DON'T NEED TO ACKNOWLEDGE THEM ☐
5. IT'S NOT MY FAULT I'M HAVING A BAD DAY ☐
6. MY ATTITUDE DETERMINES EVERYTHING ☐
7. I AM CAPABLE OF ANYTHING I SET MY MIND TO ☐
8. I DON'T LIKE PEOPLE CRITIQUING ME, I CAN LEARN IT MYSELF ☐
9. I CAN'T HELP THE WAY I FEEL ☐
10. HOW I SHOW UP EVERYDAY IS IMPORTANT ☐
11. I'M AS TALENTED AS I CAN BE ☐
12. THERE ARE LESSONS FROM EVERY FAILURE ☐



Take Control of Your Professional Journey

Setting daily intentions can significantly impact your professional growth. Just like the proverb, "The journey of a thousand miles begins with a single step," each small goal you set and achieve adds up to substantial progress over time.

Start your day by recording a brief voice note on your phone outlining your intentions—whether it's mastering a new technique or providing exceptional client service. This simple practice can help focus your energy and set a positive tone for the day ahead.

If traditional journaling feels too much, consider using voice recordings instead. Speaking your thoughts can be more spontaneous and freeing. Record your reflections at the end of each day, then delete the recordings to avoid dwelling on past issues. This method helps you process your experiences without getting bogged down in them.

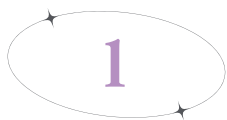
Each day presents learning opportunities. As you wind down, reflect on three lessons you've learned, framing them positively. For instance, "I improved my communication with clients," "I learned a new styling technique," or "I managed my time efficiently."

Take Control of Your Professional Journey

By focusing on positive outcomes, you reinforce a growth mindset, which encourages continuous improvement and resilience.

Incorporating these practices into your routine not only helps you stay motivated and focused but also builds a proactive approach to personal and professional development. By setting daily intentions, recording your reflections, and highlighting positive lessons, you create a powerful cycle of growth that benefits both you and your clients.

Here's a recap on the daily routine and take control of your professional journey.



Set your daily intention



Start your day by recording a brief voice note on your phone outlining your intentions

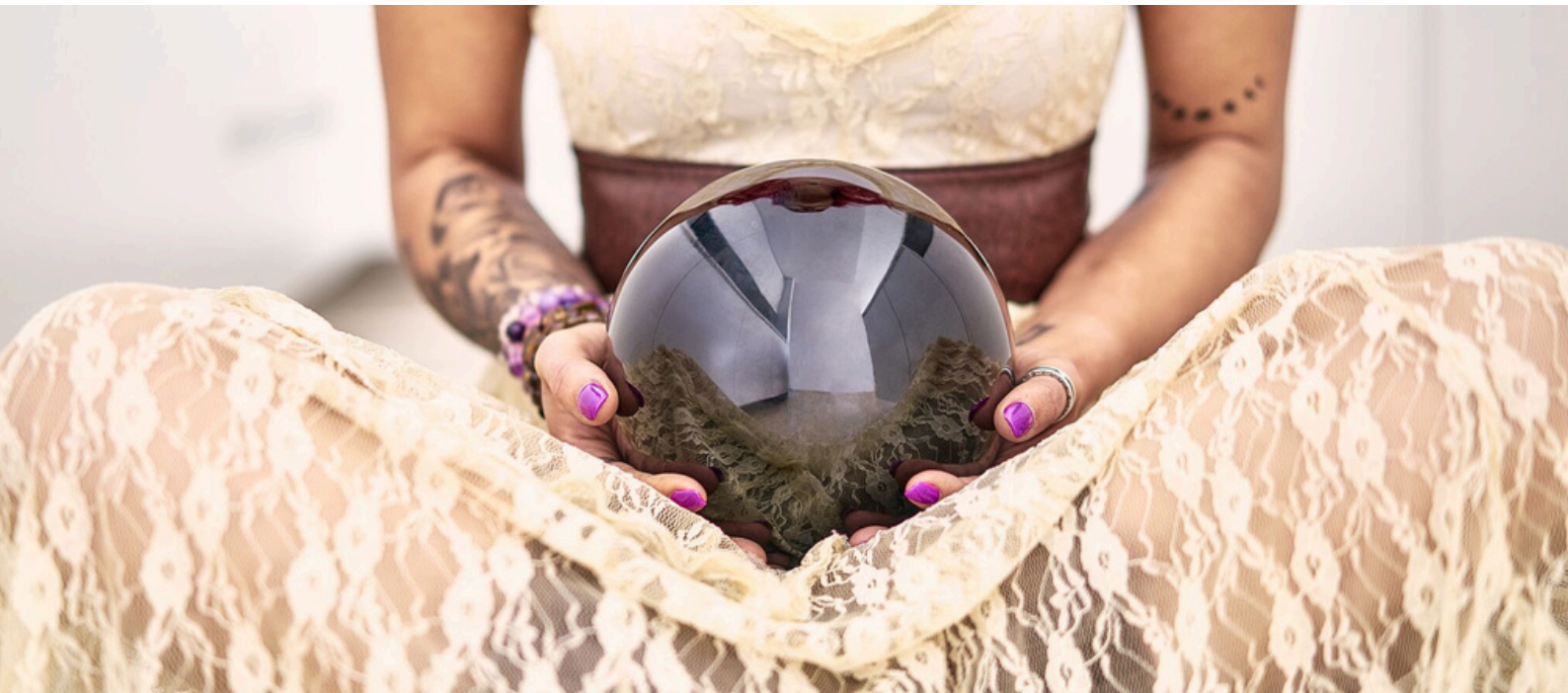


Record your reflections at the end of each day, then delete the recordings



Reflect on three lessons you've learned, say them in a positive way

Physical activity beyond just being on your feet in the salon is crucial for maintaining your health and energy. While it may seem like there's no time for the gym, there are simple ways to integrate more movement into your day.



Start by checking your screen time on your device. If you find yourself scrolling through Instagram at home, use that time to add some physical activity—like doing 20 squats while you scroll. This small change can make a big difference over time.

Consider combining physical activity with other daily routines. For instance, listen to a podcast while you take a walk. This not only helps you stay active but also keeps you entertained and informed. Walking is a fantastic way to clear your mind, and you can do it almost anywhere, making it an easy addition to your day.

Even at the salon, there are opportunities to get more active. Instead of spending your breaks in the back room, step outside for some fresh air and a quick walk. This can rejuvenate you, improve your mood, and boost your productivity when you return to work. These short, frequent breaks can have a significant positive impact on your overall well-being.

Enhance Your Physical Well-being with Simple, Effective Strategies

By incorporating these simplified ways to get more physical activity into your routine, you enhance both your physical and mental health. Remember, every little bit counts. Small changes, like squats while scrolling or walking during a podcast, add up over time, helping you stay fit and energised without needing to carve out extra hours for the gym.

What are you going to commit to do to make sure you're supporting your mental and physical well-being?

Protect Your Energy and Set Effective Boundaries

Protecting your personal energy is crucial to maintaining a positive and productive mindset.

Starting your day feeling negative can attract more negativity, creating a cycle that's hard to break. By raising your vibration and maintaining a positive attitude, you can repel negativity and create a more uplifting environment for yourself and your clients. Drawing inspiration from Star Wars, think of yourself as a Jedi, surrounded by a bubble of positive light that shields you from the "dark side."

Being creative with visualisation activities can help maintain this positive energy. Imagine surrounding yourself with a protective bubble of light each morning, setting the tone for your day.

It's also essential not to take your clients' stories on board. While listening and empathising is part of the job, absorbing their negative energy can be draining.

Offering the option of "silent appointments"

can provide both you and your client with a peaceful, reflective space, allowing you to focus on your work without the weight of constant conversation.

You have the power to lead the conversation. For example, if a client starts discussing a topic that feels draining or controversial, gently steer the conversation towards something more neutral or uplifting. You might say, "I'd love to hear about your favourite holiday destination," or "What do you do to relax or have fun?" This not only protects your energy but also ensures a more positive experience for your client.

Having the confidence to redirect conversations away from controversial or negative topics is essential. By doing so, you create a more harmonious atmosphere in your salon, benefiting both you and your clients.

Remember, you are in control of the energy in your space, and by maintaining a higher vibration, you can create a more positive and enjoyable environment for everyone.

Don't ignore your intuition – you know when something doesn't feel right.

Whether it's to a last-minute appointment, an unreasonable request, or taking on more than you can handle, the pressure to always say yes can be overwhelming. But here's the catch—you can say no! Learning to set boundaries is essential for protecting your time, energy, and overall well-being.

One of the biggest challenges can be the fear of saying no.

Saying no is a powerful tool that allows you to maintain control over your schedule and workload. It's not about being uncooperative; it's about recognizing your limits and ensuring you can provide the best service to your clients without burning out. When you say no to something that doesn't serve you, you're making room for opportunities that align with your goals and values.



If you're a people pleaser, the biggest thing to be mindful of is over explaining why you're saying no. You also don't need to over explain if you need to do a price rise.

Often, the fear of saying no stems from worrying about disappointing others or fearing their reaction. However, most clients and colleagues will understand and respect your boundaries when you communicate them clearly and respectfully. For instance, you might say, "I'd love to help, but I'm fully booked today. Can we schedule you for another time?" This approach shows you care about their needs while also honouring your own limits.

By overcoming the fear of saying no, you empower yourself to create a more balanced and sustainable career. Remember, it's okay to prioritise your needs. Setting boundaries is not a sign of weakness but of strength and self-respect. When you take care of yourself, you're in a better position to take care of your clients, delivering the high-quality service they deserve.

The content you expose yourself to can significantly influence your mindset and overall well-being.

It's essential to be selective about what you allow into your digital space. Start by snoozing or unfollowing accounts that consistently give you the "ick." If their posts don't bring value or positivity to your life, it's best to remove them from your feed. This creates space for content that uplifts and inspires you, aligning with your personal and professional goals.

Your social media explore page is a reflection of what you've been engaging with. Take a moment to review it and ask yourself, "What is this feeding me? Is it serving me or draining me?"

This simple activity can be eye-opening, helping you become more mindful of your digital consumption. By changing your feed to include more positive, inspiring, and educational content, you encourage a healthier mindset and environment.

Remember, you have control over what you see and absorb online. Choose to fill your feed with things that support your growth and well-being. Whether it's following industry leaders for inspiration, finding motivational content, or simply enjoying uplifting posts, your choices shape your daily experience. Make those choices intentionally.

Also take note of how many times a day you find yourself doing a scroll without intention.

Protect Your Digital Space for Mental Clarity



Have you found these tips valuable?



By integrating these practices into your routine, you will enhance both your professional skills and personal well-being, paving the way for a fulfilling and successful career.

Take the next step in your journey by booking a Bliss Coaching Session with Angeli in 2025 and beyond. These sessions are tailored to provide you with personalized guidance, helping you to apply the principles from the ebook into your daily life effectively. Don't miss out on this opportunity to elevate your career and mindset. Click the link below to schedule your session with Angeli today and start experiencing the transformative power of a growth mindset.

With growth & gratitude, *Angeli*



ANGELI SHAW

**Angeli is no longer The Bliss Coach.
Not because it wasn't meaningful, but because it was
no longer enough!**

For the last two decades, Angeli has worked at the intersection of salon culture, team dynamics, and leadership. She's worn the salon owner hat, felt the weight, and seen the impact — both the magic and the burnout. Lately, something has shifted.

Enter, Angeli Shaw Mentoring. A name change, but more than that, a resurgence.

"I've evolved, and so has the kind of support I want to offer," Angeli shares. "Salon owners don't need more surface-level motivation. They need to feel seen. They need space to think clearly. They need grounded leadership, not pressure dressed up as purpose."

That's where Angeli's mentoring begins: not with KPIs or marketing strategies, but with self-awareness.

Less urgency, more reflection, and space for honest conversations, with salon owners who are willing to evolve, even if it means doing things differently than they have in the past.

Because effective leadership doesn't begin with a quote on your wall. It starts with you.

Lets connect!



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