



SUCCESS ACROSS

2022  
ANNUAL  
SUMMARY

# #13 — TRUTH

I began the tradition of writing annual retrospectives in 2020 for the tenth anniversary of SUCCESS ACROSS to share the lessons I had learned in previous years. My aim is to share my learning and my discoveries as a trainer, coach, and human being. When I look back at 2022 I have been particularly inspired by four powerful and courageous women:

MAYA ANGELOU  
SIMONE DE BEAUVOIR  
BRENÉ BROWN  
SIMONE VEIL

There are people who dare to question and challenge the status quo, like the powerful and courageous Maya Angelou, who always put equality and human rights first. She constantly spoke up against injustice and never settled for less than unconditional freedom.

«You only are free when you realize you belong  
no place – you belong every place – no place at all.  
The price is high. The reward is great.»

*Maya Angelou*

There are people who believe they can change things simply by showing up, speaking the truth, and standing alone if necessary during this process. *The New York Times* bestselling author Brené Brown is a pioneer of change. Her research on guilt, shame, vulnerability, and boundaries influences people across the world in their daily lives.

«Sometimes the bravest and most important thing  
you can do is to just show up.»

*Brené Brown*

There are also people whose reflex is to wonder “Why not?” when told something is impossible. They move forward without needing the masses on their side. They dare to be different by pursuing existentialism, placing their existence and the responsibility that comes with it at the centre of their lives.

My hero when it comes to liberating yourself, embracing your path, and honouring freedom is Simone de Beauvoir. Thanks to Simone de Beauvoir I have felt greatly encouraged to embrace the adventure of being me. I love that Simone de Beauvoir relates her personal development to a society-wide movement towards freedom.

«J'accepte la grande aventure d'être moi.»

«I accept the big adventure of being myself.»

*Simone de Beauvoir*

And there are people who believe that the struggle is worth an outcome that is not guaranteed, pioneers who are ready to go towards discomfort on purpose.

This was the journey I undertook in 2022, and this is why I so strongly relate to

SIMONE VEIL,

who guided me with her awareness that discomfort can generate healing, connection and strength.

A magistrate and stateswoman, Simone Veil was a famous French change maker and believer in

HUMANITY, EUROPE, PEACE,  
FREEDOM, AND JUSTICE.

Simone Veil survived Auschwitz-Birkenau, Bobrek, Gleiwitz, Camp Dora, and Bergen-Belsen without ever giving up hope. Despite the cruelties she experienced she always believed in humanity and never closed her eyes when it came to the inhumane treatment of people. While she was health minister (1993-1995) an event that occurred at the height of the HIV/AIDS epidemic demonstrated her conviction that humanity can only be nurtured by

### FACING REALITY.

On December 1, 1994 (World Aids Day), Simone Veil was meant to give a live interview on TF1, a major French television channel, in the immunology department of the Broussais hospital. The scene included an HIV/AIDS patient in the room in a non-speaking role. Simone Veil was outraged when she was told that she was not expected to meet, talk to, and connect with the patient. The film crew and doctors explained that the experience might be too harsh and overwhelming. She took a very strong stand by saying:

«Je préfère être dans l'inconfort que dans le mensonge.»

«I prefer discomfort over dishonesty.»

*Simone Veil*

She made it very clear that she would not leave the hospital without having a real human interaction with one of the patients so that she could try to understand his suffering. The patient came first and the French audience second.

She spoke for twenty minutes with the patient in private, behind closed doors. There were no cameras, only the patient and Simone Veil. It was agreed that they would be filmed live as soon as the crew knocked on the door. But she didn't answer. Nervousness climaxed within the news team, and the camera operator was holding his breath. Audiences throughout France were wondering what was happening.

On the other side of the door, Simone Veil was struggling to find her breath and the strength she needed to walk to the door and open it. What she heard from the patient made her suffer so much that she felt his pain as a woman rather than as a government official. The crew knocked again and eventually pushed the door open. Simone was in tears on her chair and told the crew to immediately stop filming. She expressed that she could not speak and could not give the interview.

This story illustrates a part of Simone Veil that shows me that

GOING TOWARDS DISCOMFORT AND PAIN  
IS THE SAME AS GOING TOWARDS TRUTH.

My interpretation is that if I want the truth, I need to be ready to go towards the dark and painful side in order to get closer to the truth. What I find within the truth is what makes me human and only when I access my humanity can I feel dignity and grace.

SO I CAN GROW BECAUSE OF THE PAIN  
AND NOT DESPITE OF THE PAIN.

I hold a lot of space in my heart for the path that Simone Veil has shown us. Her legacy still impacts millions of people. Engage and embrace the pain.

TRUTH AND CONNECTION ARE YOUR  
FOUNDATION FOR GROWTH AND HEALING.

HAVE A TRUTHFUL 2023!

Lots of love,  
Nina