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5 Ways to Regain Confidence & Courageousness When the Going Gets Tough

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*Achievement Against-the-Odds: How to become bold, confident and courageous enough to break through barriers and overcome obstacles to achieve any professional and personal endeavor and live 'the best season of your life*

Written By DeLores Pressley

As a former plus-size model, I know all too well the pain and disappointment of rejection and judgements based solely on appearance, both professionally and personally. I have lived it time and time again. But, rather than allowing the numerous barrier-inducing critics of my plus-size define who I was, how I would live my life, and what measure of success and happiness I could achieve, I instead chose to face that "cold winter season" head on, turning what others had deemed as challenges into the very assets that would help me realize tremendous success in all aspects of my life.

Not only did I embrace my appearance and excel as a plus-sized model, I was emboldened enough to help others do the same by founding a plus-size modeling agency representing over 100 models who were placed with premier fashion retailers such as Nordstrom, Lane Bryant, Just My Size, Dillard's, and Liz Claiborne. And I didn't stop there. Through plus-size beauty pageants and conventions that I founded, I created an opportunity for hundreds of other women to achieve dreams like those I, myself, had accomplished. As an international speaker, I've also had the honor of sharing platforms with A-Listers the likes of OPRAH, Zig Ziglar, Les Brown, and Retired U.S. Supreme Court Justice Sandra Day O'Connor. All told, I've had the "last laugh" amid the glut of naysayers who would otherwise have cut my extraordinary "larger than life" success story far short based merely on my appearance.

Rather than recoiling, I learned to thrive in every proverbial "season" of my life despite the trials and tribulations that presented. Unfortunately, the sad reality is that untold millions of other women and men, alike, are suffering setbacks based on their own "limitations," whether real or perceived.

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