

## Interview with Elisabetta Franzoso

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by Laura Nardi

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Elisabetta Franzoso is a writer, coach, trainer and Hoffman teacher. She has been living in Singapore since 1995. Last May, her book, *Stella's Mum Gets Her Groove Back – A True Story*, was published. It describes with courage and authenticity her personal journey of transformation and the influence the Hoffman process has had on her life.



[www.StellasMum.com](http://www.StellasMum.com)

### ***What was your main motivation for writing your book?***

To ***inspire, motivate and connect.***

To ***inspire*** others who, like me, lived behind masks to hide shame and rage mostly due to *abuse* and *neglect*. Inspiring people to understand the necessity to nurture their emotional side so often shut down and forgotten in favor of their intellectual side.

To ***motivate*** others to report physical, emotional and sexual abuse letting go of fear and denial. And to motivate others to look deep inside and understand that *abuse* is often the root of dysfunctional behaviors and relationships.

To ***connect***, meaning to create a bridge between people who have different life experiences and are from different cultures and religions. I would like to be a bridge that connects those who believe that *abuse* and *neglect* only take place in less developed societies and those who know differently. I wrote a book to unify people at a global level.

Indeed, the book has a social purpose: many projects are being founded, among which there is an education fund and a global networking and fund raising. For more information go to [www.stellasmum.com](http://www.stellasmum.com)

### ***What is the main message of your book?***

I quote the message on the first page of my book:

*"I dedicate this book to my daughter, Stella, through whom I experienced the truth, that if we want our children to learn certain attitudes or behaviours we have to cultivate them ourselves."*

### ***In what way is your book linked to the values of the Hoffman Quadrinity Process?***

Well... this makes me smile... with happiness... One of the tools that helped me so much to change is the Hoffman Quadrinity Process (HQP) I did it for the first time in 1998 in Australia, than completed the training to become a teacher in 2002. The HQP has been mentioned many times in the book with different purposes, one of which is creating awareness about it. It is part of my life and one of my dreams is to teach it again one day, or contribute to promote it.

Daniela Uslenghi and Michael Wenger are mentioned in chapter 10, where I talk about relationships. I entitled the chapters of my book (**Awareness, Responsibility, Action, focus, Discipline, Emotional Addictions, Bridging Past with Present, Relationships, Motivation, Balance, Love**) referring to concepts I was put in touch with by the HQP from the first time I did it. I then continued to study and explore them on a daily basis to become even more in touch with my true self.

In my job, I continue to practice the principles I learnt during the HQP, and I think that each therapist could benefit from it: it could help them to become an even better therapist, and they could pass the principles on to their clients to help them understand and connect with their potential.

### ***How has the HQP influenced your life?***

I owe a particular thanks to Michael and Daniela, because they really took care of me while I trained to become a Hoffman teacher, and taught me the importance of connecting daily with my true self.

Surrendering and following the principles I learnt in the HQP, I can really affirm to be a different woman, mother and wife... I feel at peace throughout the day even if my nature will always be of "doing". Besides that, connecting with my true self, I remember the importance of nurturing joy and a sense of humour... so my life has become less dramatic and more full of fun and lightness!