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• New Course Dates

The final course of 2006 finished recently and received very positive feedback. There are two more planned for the start of 2007:

Tuesday evenings, from 23rd January to 12th March, (excl 13th Feb).

7.00pm to 9.30pm

Thursday mornings, from 25th January to 14th March (excl 15th Feb).

9.30am to 12.00pm

Courses are held at the Traditional Acupuncture Centre (TAC), Leamington Spa and cost £95 each, including a £10 deposit. The group size is kept small, to ensure individual attention, resulting in a friendly, supportive learning environment. So, do book early to reserve your place.

This seven-week course will provide you with guidance and support as you set your own challenging goals, and is suitable for people who enjoy learning as part of a group and who want to experience the benefits of a new and cost effective approach to Personal Development. We will start with a 'Life Satisfaction Assessment', a common tool used in Life Coaching to establish how happy you are with the various aspects of your life. We will also identify your values in life, as it is essential to understand these before making changes. The course also includes topics such as; health and fitness; tackling procrastination; communication skills; stress management; confidence building and managing time.

NLP provides tools and techniques which are used in order to bring about change (for example changing unwanted habits, solving problems creatively and overcoming the effects of past negative experiences.) A number of these techniques will be incorporated into the course.

This course is now in its second year. When asked what they had gained from the course previous participants emphasised the following: self control; a more assertive approach; a positive outlook; self confidence; more self awareness and more peace of mind.

'It's an amazing course to do, thoroughly enjoyable.'

• Free Talks at the Traditional Acupuncture Centre

Come along to the TAC on Saturday January 20th (from 1pm to 5pm). I will give a free talk (2pm to 2.30pm) about the course for anyone interested, and would love to see you. There will be other talks too, from other practitioners at TAC who have courses on offer in the New Year. Come along and join us, and tell your friends too. Phone (01926) 450990 for exact times.

• Individual Life Coaching.

This is now available at the Traditional Acupuncture Centre. Free consultations are available if you would like to find out more about Life Coaching and its benefits.

🌸 Fundraising for Zöe's Place: A baby's hospice in the Midlands for babies 0-5 years with serious life-limiting or life-threatening conditions.

A huge 'Thank You' to everyone who attended the Charity Lifestyle Evening in Leamington last month, and to all the local independent businesses (mainly, but not exclusively run by women!) who gave their support. The evening was organised by Inspire Business Network and we raised over £200 for the charity. We first heard about the charity from Warwickshire Woman magazine, who are themselves supporters. The 'Inspire' women feature in the latest edition of Warwickshire Woman and, through our association with them, we have been able to contribute a further £200 to Zöe's Place.

If you would like to find out more about the Trust, email vicki@zoes-place.org.uk or visit www.zoes-place.org.uk

🌸 Make 2007 the Best Year Ever

I will no longer worry about yesterday
It is in the past and the past will never change
Only I can change by choosing to do so

I will no longer worry about tomorrow
Tomorrow will always be there, waiting for me to make the most of it
But I cannot make the most of tomorrow without first making the most of today

I will look in the mirror and I will see a person worthy of my respect and admiration
This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better

I walk with renewed faith in human kindness, I will open my mind and my heart.
I will welcome new experiences. I will meet new people.
I will not expect perfection from myself nor anyone else....perfection does not exist in an imperfect world. But I will applaud the attempt to overcome human foibles.

I am responsible for my own happiness and I will do things that make me happy.
I will admire the beautiful wonders of nature, listen to my favourite music, pet a kitten or puppy, and soak in bubble bath.
Pleasure can be found in the most simple of gestures.

I will learn something new; I will try something different
I will savour all the various flavours life has to offer.
I will change what I can and the rest I will let go
I will strive to become the best me I can possibly be

I will live life this year in a way that
I can look back on it fondly and without regrets and
I WILL MAKE THIS THE BEST YEAR EVER!
Author unknown

With warmest wishes
Ruth

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difference!
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