

Taking Steps – October 2006 Newsletter

Small changes make a BIG difference!

- * Charity Lifestyle Evening – raising funds for Zöe's Place, Baby Hospice – 2nd November
- * Revamp your Wardrobe, Revamp your Life! – second date – 9th November
- * Louise L Hay one day workshop – 4th November
- * Open Day at the Traditional Acupuncture Centre – 11th November
- * Keeping focused and motivated

Charity Lifestyle Evening

Thursday 2nd November. St Peters Church Hall, Dormer Place, Leamington Spa (opposite the bandstand)

Help us to raise money to support the charity Zöe's Place, Baby Hospice.

2006 sees the development of Zöe's Place Baby Hospice here in the Midlands. The charity is raising funds for a purpose built baby hospice, providing 24 hour one-to-one care for children aged 0—5 with serious life-limiting or life-threatening conditions. Inspire Business Network have invited local businesses to take part in what promises to be a fabulous evening out. There will be over 20 displays offering a range of lifestyle services, such as colour consultancy, portrait photography, hypnotherapy and beauty treatments, and an even greater number of unique products and gifts, from flowers and jewellery to glass designs and leather goods. Every business has pledged a prize for the Grand Raffle. For just £2 (payable on the night) you will receive a complimentary glass of wine or soft drink. Look for the orange balloons at the gate!

Revamp Your Wardrobe, Revamp Your Life!

Saima and I were delighted with the attendance at our first ever evening of Personal Styling and Life Coaching. There were over 20 people at the Victoria Coffee House last Thursday October 12th and from chatting with people at the end of the evening over a cup of coffee, we know they found it enjoyable and informative. My part of the evening was to define what Life Coaching is (and isn't!), and to demonstrate some of the techniques used by Life Coaches. People had the opportunity to focus on an issue in their lives that they wanted to change, and I hope they went away from the session with a clear idea of what to do - and the motivation to go ahead and do it!

Saima, Image Consultant, brought along a number of key items for us to consider buying this season. She talked about how important it is to dress to suit our shape and gave the audience more confidence about choosing items for the wardrobe that really pay their way. We found out about the new fashionable colours (including the new 'black'!) and learned a lot about the difference that accessories can make to how we look, and consequently how we feel! David and his staff provided plenty of wine, soft drinks and nibbles and were the perfect hosts for our evening. We would like to thank them for their hospitality and support.

There is a second chance to attend the evening on Thursday November 9th. Please email me or phone David at the Coffee House (01926 312200) to book your ticket. Tickets cost £9.50 per person including refreshments. To avoid disappointment please buy your tickets in advance.

Louise L Hay One Day Workshop: Love Yourself, Heal Your life

Saturday 4th November , at the Traditional Acupuncture Centre, Leamington Spa
10am to 5pm £60.00 including lunch

If you would like to spend time on your own personal development, but have been too busy with all those other demands on your time, this workshop could be the opportunity you need to make time for you . During the day you can learn more about the mind/body connection and how to release those negative beliefs that are holding you back from living a happy and fulfilling life. The central point of Louise Hay's philosophy is to love and accept yourself first so that you can love and accept others more fully. You will leave feeling happier and more confident. Like Louise Hay's immensely popular books, this workshop offers a true nurturing of the soul!

OPEN DAY at the Traditional Acupuncture Centre.

Saturday 11th November, all day. Free entry.

I will be giving a talk entitled 'NLP and Life Coaching, Tools for Change' and giving free 15 minute coaching taster sessions. There will be many other talks, tasters and consultations including: Homeopathy, Nutrition, Massage, Reflexology, Acupuncture, Naturopathy, Shiatsu, Counselling, Bowen and Reiki, and a demonstration of Japanese Face Massage. Do come along and bring your friends and family. If you have never visited the TAC before you are in for a treat, as it is a very special place! Please contact me if you would like further details or visit the TAC website: www.trad-ac.co.uk

Keeping focused and motivated

Identifying where you are in life and where you actually want to be are important first steps if you want to make some changes. The next step is working out how you are going to actually get there. However inspired you feel, you are going to need to keep focused and motivated. Life Coaches (including Eileen Mulligan, author of Change your life in 7 days) remind clients of the following :

- * Successful people have the right attitude. They don't look for excuses to fail.
- * It's up to you to achieve your goals. Don't make other people your excuse.
- * Goals can mean you stepping into new territory. Recognise that excuses are part of the fear process.
- * Fill in the missing blanks. Don't let your imagination run away with you. Gather information and make an informed choice.
- * Read your goals daily. For a goal to be achievable it needs mental attention. Keep it in mind – your thoughts influence your actions.
- * Set aside time to achieve your goals. Decide what changes you want to make to your use of time.
- * Refer to your values. Your time will feel compromised when your values are.
- * Finding time requires forward planning. If you want to achieve your goals, don't expect time to appear miraculously – you have to make it.

Best wishes

Ruth

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