



Taking Steps

The Newsletter

September 2006

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In October I will be taking part in the first of two evenings, organised jointly with Saima Sexton of Capsule Wardrobe. Together we will be presenting a relaxed and informative evening, where you can find out more about how to put together a wardrobe of clothes that you love (working on the outside) and how to make changes to your life that bring you more happiness and fulfillment (working on the inside!). We are both looking forward to the evening and hope very much that you can join us. Please tell your friends. The details are below:

Revamp Your Wardrobe, Revamp Your Life

An evening of Personal Styling and Life Coaching with Capsule Wardrobe and Taking Steps

Personal Styling

- * Dress for your shape, lifestyle and personality
- * Use accessories to your advantage
- * Update your wardrobe without breaking the bank
- * Become your own personal stylist

Life coaching

- * Clarify your goals and how to achieve them
- * Make changes with confidence
- * Improve your motivation levels
- * Gain a more positive outlook on life

Your choice of dates: Thursday 12th October or 9th November From 7.30pm to 9.30pm

£9.50 per person, including refreshments

At the Victoria Coffee House, Warwick Street, Leamington Spa CV32 4RJ

Advance booking essential. For tickets phone David on (01926) 312200

Dates for your Diary: All the following events are held at the Traditional Acupuncture Centre, Leamington Spa.

Tel (01926) 450990 or email ruth@takingsteps.co.uk to book your place. Please visit the website for more details

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Saturday 16 th September	Love Yourself, Heal Your Life, One day workshop based on the work of Louise L Hay
Wednesday 20 th September	Love Yourself Heal Your Life, Five Week Course I (evenings) based on the work of Louise L Hay
Tuesday 26 th September	Making Choices, Making Changes, Seven Week Course (mornings) based on Life Coaching and NLP
Saturday 4 th November	Love Yourself, Heal Your Life, One day workshop, based on the work of Louise L Hay
Wednesday 8 th November	Love Yourself Heal Your Life Five Week Course II (evenings)

StopPress

There will be a Ladies Night at The Regency Health Club, Leamington Spa on Thursday September 14th from 6.00pm to 9.00pm in aid of Charity and including a Grand Raffle. I will have a stand there, offering ten-minute Life Coaching consultations, and would love to see you there, either for a consultation or just to chat generally about Life Coaching and NLP as tools for change.

For more details please contact the organiser, Heather Adams, by email: hadams@dsc.net

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavour

Henry David Thoreau

HAPPINESS MANIFESTO

Do these for two months and see the difference they make!

From the BBC TV programme 'Making Slough happy'

1. Get physical
Exercise for half an hour three times a week.
2. Count your blessings
At the end of each day, reflect on at least five things you're grateful for.
3. Talk time
Have an hour-long uninterrupted conversation with your partner or closest friend each week.
4. Plant something
Even if it's a window box or pot plant. Keep it alive!
5. Cut your TV viewing by half
6. Smile at and/or say hello to a stranger
At least once each day.
7. Phone a friend
Make contact with at least one friend or relation you have not been in contact for a while and arrange to meet up.
8. Have a good laugh at least once a day
9. Every day make sure you give yourself a treat
Take time to really enjoy this.
10. Daily kindness
Do an extra good turn for someone each day.