

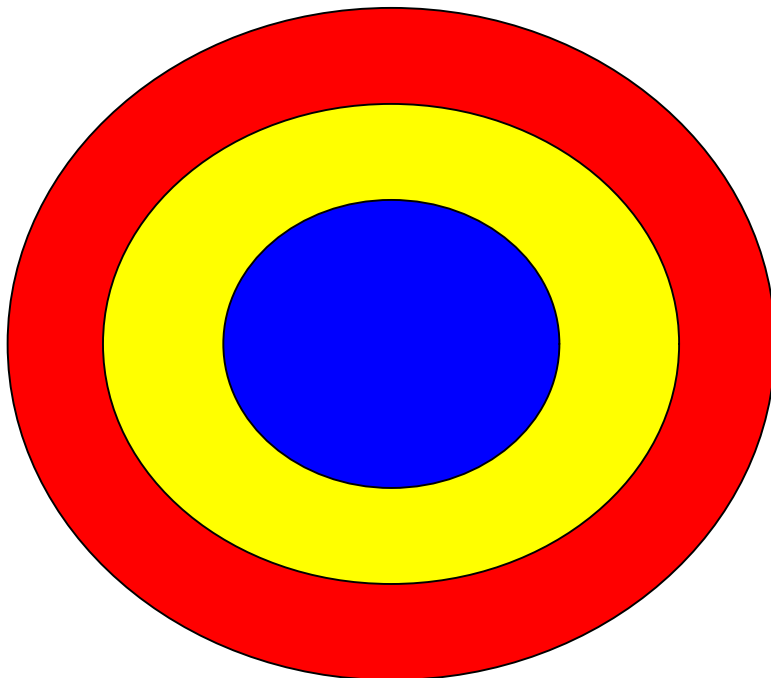


Hello and welcome to April's Newsletter!

I would like to say a big thank-you to everyone who attended the Absolute Assertiveness Workshop on Wednesday 30<sup>th</sup> April. It was a great evening and we learned some very useful techniques to become more assertive in situations we find difficult. A massive thank-you also to Jane Hafren from Potential Works, who ran this course, she did a wonderful job and her enthusiasm and passion really shone through!

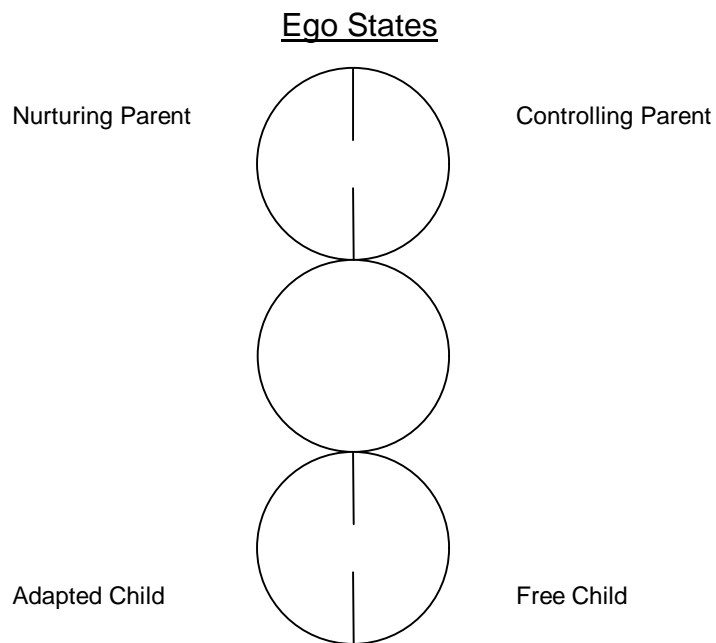
Below are some memory joggers to help you remember techniques from the evening:

- Being nervous is very similar to being excited



- You must leave your Comfort Zone to achieve new things
- If you reach your Panic Zone you are less likely to achieve anything
- It is like being an athlete, you have to train to achieve your goals. They don't just get up one day, go to a competition and win. They train and practise, it is the same with being assertive.

- Keep the goals that you wrote down somewhere that will keep it fresh in your mind – on the fridge, stuck to the computer, under your pillow (so that they are with you in your dreams) – whatever works for you!
- When talking to a group, concentrate on a point at the back of the room and use your peripheral vision to be aware of the people but not looking directly at them
- Stand still, try not to fidget
- Practise the visualisation exercises, and remember how powerful it is to be in a good place – see what you saw, hear what you heard and feel what you felt! Try it out on others using the extended arm technique



- If someone is speaking to you from their Parent or Child state, ask them a question to get them into their Adult state
- Don't tell people what you don't want them to do – tell them what you do want them to do
- |               |       |
|---------------|-------|
| Body Language | = 55% |
| Tone          | = 38% |
| Words         | = 7%  |

So as you can see we had an evening filled with very interesting tools to help on our journey to becoming more assertive!

## **Other News**

CHANGE YOUR LIFE NOW – everyone wants to change... what do you want to change?

- Your health and well-being?
- Your career?
- Your relationships or a special relationship?
- Your relationship with yourself

Isn't it time you invested in yourself for a change?

Time: 7.00pm Friday 10<sup>th</sup> October until 4.00pm Sunday 12<sup>th</sup> October 2008

Location: Penrith (venue to be confirmed)

Cost: £500 full fee (office price) £249.97 (discounted workshop price) Bring a family member with you for £199.97

This weekend seminar will be an intensive, exciting, interactive experience which will lead you through some of the most up to date theory and practice about how your mind works.

Your trainers – Jane Hafren, Potential Works, NLP Master Practitioner  
Caroline Brier, SWYCHI, NLP Practitioner and Life Coach

## **Other Other News**

SWYCHI YOUR THOUGHTS – my positive affirmations CD is proving to be a real hit! Thanks to everyone who has bought a copy, I hope you are finding it useful!

The next Confidence Clinic is being held on Wednesday 28<sup>th</sup> May at the Eden Rural Foyer, Penrith. If you would like to come along please get in touch with me to secure your place!

Thank-you for reading!

Caroline x