



Hello and welcome to January 2008's Newsletter.

A huge thank-you to everyone who attended the "New Year - New You" workshop, I have received loads of positive feedback and am pleased everyone has benefited so much! A huge thanks to Ian too, he puts a lot of hard work into putting these workshops together!

Here are some reminders of the evening:

- 1) Who is you? Individual
Who are you? Collective
There are over 70 trillion cells in the body, every 7 years you are a completely new you!
- 2) Your mind is where your thoughts, ideas and beliefs come from.
Your Body is where your feelings, sense and emotions come from.
- 3) When saying what you want use words to keep it positive - "To make my business EVEN MORE successful", without the "even more" it suggests that the business is not currently successful.
What is not being said? What is the need of this resolution?
What does having this now give you?
- 4) The spinning lady:
Left Brain - Analytical
Right Brain - Creative
Human Brain - Dog Brain - Bird Brain
- 5) Awareness + Flow - Change
- 6) Don't over exaggerate situations in your mind or when you are describing them to others.

- 7) Use your other hand to hold your tooth brush when you are brushing your teeth!

I hope these tips help jog your memories of the evening, if you need any help with any of them please get in touch!

Other News

February's workshop is taking place on Wednesday 13th at the Eden Rural Foyer from 7pm to 9pm. This workshop is "The Real Differences between Men and Women". Do you believe men are from mars and women are from venus? Do you believe men can't iron and women can't read maps? Come along and find out the real truth about the differences between men and women! This workshop is aimed at a man woman combination so bring along your husband, wife, boyfriend, girlfriend, brother, sister or friend. Of course you are still very welcome to come alone! The cost for couples is £25 and £15 for singles. This promises to be a fun filled evening! Due to changes with room hire fees and advertising fees payments for workshops must be paid in advance of the event, these can be sent to myself (see the contact details page), cheques are to be made payable to SWYCHI. Any cancellations within 48 hours of the event will receive a 50% refund. Booking is essential.

Thank- you for reading

Caroline x