

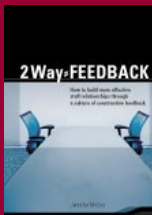
Positive Change Consulting

Improving Performance Through People

Newsletter 1/2006

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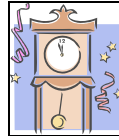
- Welcome to another year
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* Now available as an eBook too. No need to wait for the post!

Welcome to the start of another year



Before you really settle in to work, I'm going to invite you to stop once more and think about those New Year Resolutions you made. And recall how many times you sat around over drinks with friends and neighbours saying "I wish.." or "If only I could...".

January is the time for dreaming. The only problem is those dreams usually get buried again until next January. But, it is possible to make changes, even achieve what would seem to be impossible; we've all read of people who've changed their lives around. It is also possible to make and achieve 'resolutions' at any time during the year.

FREE TOOLS

We recommend small changes, one step at a time – but you have to take the first step. To start your journey, to help you fulfil those New Year Resolutions and to build on them throughout the year, we are offering two **FREE TOOLS**, downloadable from the website to help you fulfil those resolutions – and make more:

- Life Balance Profile
- Personal Goal Setting

These are tools we use in coaching, assisting people to achieve work life balance. If you start the year using these tools and determined to make some changes in your life, business or career, dreaming next January have a different spin to it.

A Leadership Story

We speak often of leadership in this newsletter, it's the focus of our work, and we cite research drawn from other people's achievements. Seldom though do we share stories of people we know who really are leaders, who dream and try to inspire their staff with the possibilities of what can be achieved. We're including here an email (edited for confidentiality) that was sent by a coaching client to his staff and head office at Christmas time.

"To all those receiving this email,

If you are on this list you have helped me during 2005. I have had a ball this year (nothing unusual) and that can only happen when I am supported by fantastic people. My main aim is to help as many people as I can; I often get excited and have big ideas, a lot of the time people on this list help me achieve those goals. My wife and my family offer me unconditional support which I accept gratefully.

To the staff, you are the best.

I have appreciated the (Head Office) support and guidance (I try out the guidance part into practice but my enthusiasm and commitment to my (workplace) sometimes gets me offside with you). I think I am improving with age and experience (at least that is my aim). Special thanks tofor trusting me, knowing me and helping.

Please have a great Christmas and a safe and happy New Year.

Updates

The website has been updated to include a [Resources page](#), including:

- "2 Way Feedback" in **hard copy** but also **soon available** as a downloadable **eBook**.
- Books by Robyn Henderson, the Networking specialist.

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We'd love to hear your feedback.

Jennifer McCoy & Tony Austin

Privacy Policy

Your name and address, if submitted to this newsletter, will not be used for other purposes.

Why are you on this list?

You could be any of the following:

- a client
- we've swapped business cards
- a conference we've been part of
- a member of MBN, BNI, or another networking group that we belong to.

To **subscribe** or **unsubscribe** to/from this list, **please click [here](#)**.

Focus on you. Give yourself time and space to reflect on where you are going and why? Is the business all-consuming? Do you have enough time for friends and family? Or yourself? **Why not consider working with a Coach to help you find a different perspective, achieve work-life balance ? [More information.](#) [Email here](#) for a Complimentary Coaching session**

Train your managers and team leaders to think and act like leaders, to become a coach and mentor for your staff. Book a **Leader as Coach and Mentor Workshop** now. More information.

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The purpose of this Newsletter

Positive Change Consulting shows people how to build great leadership, manage change, improve teamwork for business productivity – and restore balance to your life.

In this newsletter we aim to alert you to the latest research into leadership, report people-related workplace news, suggest ways for encouraging staff involvement to improve your business and alert you to the things we are doing and the services we can offer you.

We welcome Contributions

Please contact us if you would like to contribute to this newsletter. Just email or phone to share any experiences.

Email [here](#)
