



# Positive Change Consulting

*Improving Performance Through People*

Newsletter 1/2008

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- Work/Life Balance
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**Welcome to 2008.**

**A time to stop, reflect and take stock**

## Resolutions and all that

This year I decided I was over New Year resolutions. I refused to set one. This time last year I wrote about why they usually don't work, because resolutions require you to change the way you operate (eating/drinking/smoking) which means changing a habit and replacing it with another. Not easy. [See](#). So I didn't set one.

What I did though was make a commitment to myself to set aside a quiet time for me each day - to calm down, achieve that balance I strive for and perhaps make more reflective decisions. See if this would work for you.

## Making a Quiet Time [for you]

I've never been able to meditate. There, I've said it. I'm a coach, I work with leaders and I always recommend reflection and the need for work/life balance, but meditation was never an option I could recommend. I've tried several times; sat rigid with tension, willing myself to relax, sneaking peaks at the clock hoping time was up. Pointless! But I've found a method that works, in Paul Wilson's book *The Quiet*. He's distilled many of the traditional and spiritual meditative practices into a simple, practical method for creating quiet time for yourself. **Just 13 minutes a day** to start with, broken into a user-friendly stepped approach of 1+10+2. I can do this! Ten days on it's working well, becoming a habit like teeth cleaning and washing. Availability: any bookstore I'd think. **Wilson, Paul (2006) *The Quiet*. Macmillan.**

## Work/Life Balance

Here is a CD we recommend highly - *Feeling Great For No Particular Reason*, produced by Leanne Watson of **Your Successful Mind**.

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[We'd love to hear  
your feedback.](#)



The audio is perfect for busy people, who, even with the best intentions like me, find it difficult to create the time to do everything we want and need to do.

Leanne's audio makes it easy to keep focussed, on track and in a good space. It allows you to release any limiting beliefs, decisions and negative emotions and encourages you to take action and move towards your goals and dreams. In short, it makes changing a habit or deep seated mindset easy.

Most importantly, you can listen to this recording while you're working on your computer, driving your car, working around the house or even softly when you've had enough and are watching TV, because on purchase you can save the tracks to MP3, CD or media player and **start feeling great.**

[Click here to listen](#) to a short sample of the audio and read more about what it can do for you.

### Complimentary Coaching Session

Indulge yourself now, before the busy-ness of work kicks in. Give yourself time and space to reflect on where you are going and how well, to **focus on solutions** rather than the problems?

- What would you like to achieve this year?
- What new habits would you like to develop? What old habits abandon?
- Click [here](#) & put Complimentary Coaching in the subject line for a free 1/2-hour tele-coaching session [First 6 people]
- Discover how to make enough time for friends and family? And yourself?

**Why not consider working with a Coach (by phone & email or in person) to help you find a different perspective, develop leadership skills, achieve work-life balance ?**

Ring 61 3 9563 4028 now or [Email here](#) for a Complimentary Coaching session

### Making Small Positive Changes

Last year one resolution we did make was to be more environmentally responsible - and we have been. One brilliant solution that's open to everyone in Victoria are **Free energy-saving light globes and Installation.** [Victoria only]

All true! How does this work? The company, [Live Green](#), is involved in carbon offset trading and on-sells the carbon saved (from us) to eg, airlines. They **replaced and installed** every globe in our place (58 in all) - **Free!**

Just ring [Live Green](#) 1300 855 362. Make a small

### Why are you on this list?

You could be any of the following: a client we've swapped business cards with, a member a networking group that we are part of.

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**positive change - save the environment and money.**

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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](#)

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