



# Positive Change Consulting

*Improving Performance Through People*

Newsletter 5/2008

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## Planning Through

In the midst of the daily reports of economic misery from the media, have you noticed also appearing more positive messages from economists – that we will get through the bad times, that we should now be planning for recovery. Difficult to do if you're facing the loss of job and/or investments; nonetheless a glimmer of hope to cling to.

The same advice can also be applied to those of us waiting impatiently for the holiday break. Looking forward so much to a break from work pressures that we forget to plan the holiday.

Before we know it, we're back at work feeling only marginally better and wondering where the time went. Worse, if we aren't simply relieved to be escaping festive and family pressures, our energy is low and work stretches ahead interminably. Sound familiar? So what goes wrong?

The problem lies in making the break from work our goal. With work over, we've achieved our goal. The holiday then slips by unplanned as it's too late to get organised. Inevitably the holiday ends and work starts again - this time with a sense of anti-climax because again we haven't given ourselves anything to look forward to - not even simple goals about what we want to do, to achieve.

The solution lies in planning - **through**. [Read how to](#)

## Year end reflections

2008 has been a busy and interesting year working on projects and with people implementing both personal and workplace change. Some are:

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**Jennifer McCoy**  
Director & Principal  
Consultant

**Tony Austin**  
Director  
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[We'd love to hear your feedback.](#)

## Planning through

### Christmas Gift: A FREE eBook gift for our subscribers:

I was alerted to this eBook by a colleague "*The Astonishing Power of Gratitude*" by Wes Hooper. I enjoyed it and so pass it on to you. [Download your copy here](#)

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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.

## 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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## 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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