

Linda Orchard

From: "Linda Orchard" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 09 January 2007 12:19
Subject: January - How To Tackle Your New Start from Safety Net Development Coaching

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January 2007
Issue 4

****REACH FOR THE STARS****

Your Newsletter from Safety Net Development Coaching

Dear Friend,

Let me start by wishing you a very HAPPY NEW YEAR. As you know this ezine normally arrives for you around lunchtime on the first Tuesday of the month, however I thought you may have your mind on other things on 2nd of Jan! Next month we'll be back to normal.

I'd also like to wish you lots of luck in taking responsibility for making all the things you wish for come true this year. I won't be lecturing you about new year's resolutions (you can get that in plenty of other places at this time of year), but instead I'm going to let you into the secret of how to get there without having to beat yourself up. The secret is self-care. Read on to find out how.

Next month I'll be starting a new feature, working through the alphabet with coaching based tips and advice to help you take charge of your life and design it to be how you really want it, whether for you that means tweaking or a complete overhaul. 'A' will stand for Action and Adventure so in the meantime try thinking about what that could mean for you, and in February I'll share with you how to really get going.

IN THIS ISSUE

- Workshops in January
- Access one Free Life Coaching session
- How to use Self Care so you don't have to bother with New Year Resolutions

WORKSHOPS TO HELP YOU LOVE YOUR LIFE

Take this chance to consolidate a personal new start for 2007

Places still available for 17th and 27th January. BOOK NOW



To book either of Linda's workshops which promise to be both fun and focused, ring Cannons direct on: 01604 751444.

LOVE YOUR LIFE Wednesday 17th January 7.15pm-9.15pm

Learn the secret of getting from where you are now to where you **really** want to be. Your chance to do a life audit and find out what changes to make to help you get personal fulfilment. If you need to start 2007 off with a bang, this 2 hour workshop will fill you with confidence, energy and new direction. Members £15 Non-members £20

YOUR BEST YEAR YET Saturday 27th January 1-4pm

Be one of those lucky people who will not look back on their lives with regrets. Learn now how to use your behaviour and time in a more constructive way to make the absolute most of your situation. Get rid of fears and doubts which are holding you back and set exciting, achievable goals which will enable you to make 2007 your 'Best Year Yet'. You will leave this workshop having re-prioritised your goals, so be prepared to come away with a great new life action plan and the ability to put it into practice.

Members £20 Non-members £25

Both workshops will be held at the central location of Cannons Health & Fitness Club in Northampton. Easy access 5 mins from Junction 16 of the M1

www.cannons.co.uk

WOULD YOU LIKE A FREE LIFE COACHING SESSION?

Sessions are free. You will get the opportunity to make a small voluntary donation to Macmillan Cancer Support

The opportunity to have a one-to-one session with your very own personal coach. Discuss your goals and make a plan to help you achieve them. Call me to book now - 01327 352755

If you have never tried coaching and always wondered what it could do for you, and why successful and well-known people hire coaches this is a great opportunity for you to try it out in the real world. Coaching by telephone is convenient and confidential (even though you'll want to tell other people how enjoyable and useful it was). You can book further sessions if you want to but there will certainly be no pressure on you to do so. Email me at linda@safetynet4u.co.uk or ring me on 01327 352755 to book your appointment. What a great way to

launch your new year.

"QUOTE OF THE MONTH"

Michelangelo

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it"



Bearing in mind that Safety Net's motto is 'reach for the stars', I wanted to share this with you. We can always achieve more than we think we can, the trick is to **believe** it. If you are of a certain age, like me, you'll remember Roy Castle's Record Breakers and his '**dedication**'. So keep striving, keep aiming just that bit higher than you think might be possible, and just see what happens.

If anyone has a success story, do let me know. Or if there's something you want support (or a kick in the right direction!) with, I could put it in the newsletter for you as extra incentive to achieve your goal as the rest of the Reach for the Stars community will be rooting for you too.

SELF-CARE: THE TRICK TO MAKING RESOLUTIONS REDUNDANT

Pinpoint what's important to you, and make absolutely sure to include it in your life. Then sit back and see the results



This really is one of the simplest ways to make yourself feel good. It can make such a difference to your energy levels, enthusiasm, motivation and the way you interact with other people and the best thing is that when you use this, many of the new year's resolutions you have been trying to conquer for years, will become redundant.

Self care means looking at your personal values and deciding what is REALLY important to you as opposed to what you think you ought to be doing. It may mean revisiting the hobby you loved when you were in your teens or twenties and gave up when you felt you had other more pressing responsibilities. It may mean re-connecting with friends who make you laugh, or simply making the commitment to get an early night once a week or leave work at 5pm to improve your life/work balance. Perhaps remembering what you used to do to have fun would be helpful. Maybe you've always wanted to take up painting, writing paragliding or acting and pushed it to the back of your mind. Who knows?

Well, actually **you** do. Think about what you truly love to spend time doing and take responsibility for putting more of it into your life. You will increase your levels of happiness and security and consequently will need the comfort of that chocolate cake or extra cigarette slightly less. **Give it a go and let me know what happens.**

ALWAYS PLEASED TO HEAR FROM YOU



Whether you have a question or a comment to make about this newsletter or you'd like to book some personal coaching sessions to kick start 2007, do feel free to get in touch. Everyone who contacts me will get an answer and I always like to know more about who I'm writing to and what you want. Remember your friends and colleagues can sign up for their own copy by using the box below.

Happy January!

LINDA

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