

Life and Business Leadership Insight – March / April 03

“The Simple Solution to Distress....”

The most extraordinary and amazing thing about stress is that it presents in two distinctly different ways.

It can take the form of either excitement or distress and the decision as to which one you experience is based entirely on how you choose to interpret the stimulus.

What an amazing concept!

However, undoubtedly the most exciting aspect about our existence as humans is the unique ability we have to control aspects of our environment, our attitude or both to get the outcome we want for ourselves. Anyone of us can turn this skill on at any time by making a simple commitment to look for the opportunity in every situation.

To do this effectively you must put aside the collective negative conditioning that society imbues us with most of the time and learn to trust your own instincts or put more simply your emotional system.

Our instincts and preferences are generally linked to our value system. In short, if you want to take more control of your life start doing more stuff that makes you feel good.
Is that simple or what?

Oh, one other thing which is also incredibly important!
Your decisions, responses and behaviours need to attempt to simultaneously build the self- esteem of yourself and others at all times.
If not stop the behaviour and get rid of it reeeaaaaaalll fast!

Now for the final important bit:
“Your life is a reflection of how well you manage yourself “
Make yourself the priority and see how you begin to live your true purpose.

Live life and enjoy who you are at every opportunity!

Richard

Performance Enhancing Substance:

“The sooner we realize the power of who we are, the sooner we can live out our true purpose”

Richard Day

Performance Enhancing Reading Material:

“Use Your Head” Tony Buzan 2001.

ISBN 0-563-53729-9

(An insight into how the mind works especially memory recall and written by the inventor of the mind map)

Performance Enhancing Products:

Qty

Life & Business Leadership Tape #1	“Mastering Stress”	___ @ \$30.00
Life & Business Leadership CD #2	“How To Get What You Want”	___ @\$30.00
Life & Business Leadership CD #3	“Turning Distress Into Excitement”	___ @ \$30.00
Life & Business Leadership CD #4	“The Corporate Athlete”	___ @\$30.00
Life & Business Leadership Pack (Discount Pack of 4)		___ @\$100.00
	Sub Total	_____
	Postage and Handling	\$5.00
	Final Total	_____

To order these products please complete this form, then email, fax or phone your order to us.

Name: _____

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Signature: _____ Total: \$ _____

Mobile: 0418177868 Fax: (03) 98488126
Or mail your order to: 31 The Boulevard Doncaster, Vic, 3108
(Please allow 14 days for delivery and remember to include your payment).

Performance Enhancing Public Seminars:

“Crocodiles not Waterlilies” Self-Leadership & Team Dynamics Program:

Program 1: (3.5 days)

- 19.3.03 (9.00am-5.00pm), 26.3.03 (9.00am-1.00pm), 2.4.03 (9.00am-5.00pm), & 9.4.03 (9.00am-5.00pm)
- Investment for program: \$1100.00 (Inc Gst)

Program 2: (3.5 days)

- 21.8.03 (9.00am-5.00pm), 28.8.03 (9.00am-5.00pm), 4.9.03 (9.00am-5.00pm) & 11.9.03 (9.00am-1.00pm)
- Investment for program: \$1100.00 (Inc Gst)

“How to Get What You Want” (Assertiveness Program):

Program 1: (2 days)

- 21.5.03 (9.00am-5.00pm), 22.5.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Program 2: (2 days)

- 8.5.03 (9.00am-5.00pm), 9.5.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Program 3: (2 days)

- 29.10.03 (9.00-5.00pm), 30.10.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

“Toughness Training” (Performance & Stress Management):

Program 1: (1 day)

- 15.5.03 (9.00am-5.00pm)
- Investment for program: \$450.00 (Inc Gst)

Program 2: (1 day)

- 8.10.03 (9.00am-5.00pm)
- investment for program: \$450.00 (Inc Gst)

The investment for the seminar includes all course notes and materials.

These seminars as well as many others are available as in-house programs and in other locations by arrangement.

Please contact me direct on 0418177868 to book your place or via email on dayr@ocean.com.au

**Richard Day B.Ed; M.A.A.E.S.S.; APS
Professional Speaker, Life and Business Coach**

For more information and to preview Richard as a motivational speaker for you and your team please visit :www.richardday.com.au

Please feel free to distribute to your friends. Republication is welcome provided author is notified at dayr@ocean.com.au

Some of the information found in this newsletter has been adapted from the Crocodiles not Waterlilies Self-leadership Program with kind permission from Roger Anthony.