



# EmpowerChangeNow Newsletter

*Life Transformations—empowering change*

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Volume 1, Issue 4

Welcome!

This issue is full of valuable tips to help empower you to move forward in your life - both professional and personal. Feel free to send me a note if you'd like to share your experiences using any of this information. Enjoy!

Sincerely,  
Joanne Aaronson  
Intuitive Life Coach, PMP, Ct. EIIS, CT.Reiki

## Add Creativity to Your Toolbox

- Project Managers have many ways to be leaders
- Make team activities fun to encourage participation and the creative flow
- Eat healthy and be more active and productive



**Coming Soon! - Enlightened Leadership Training**

Life Transformations was founded in 2002 by Joanne Aaronson. Joanne’s mission is to foster empowerment in the individual to achieve their best/ideal life including relationships, career, financial situation.. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The *Empower Change Now Newsletter* was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower

change in the individual that can open up unlimited possibilities.

## Coming in the Spring 2008! Enlightened Leadership Training – Maximizing Creativity via Innovation, Imagination & Intuition.

A workshop to provide conceptual & experiential learning to move the individual towards the understanding necessary to bring out their inner light . Be more empowered to use your innate capabilities to have vision, better decisions & out of the box thinking. Call or write [joanne@empowerchangenow.com](mailto:joanne@empowerchangenow.com) for more details.

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## PMI Knowledge Exchange Forum Presentation

What do you get when you combine colored markers, sticky notes and a dysfunctional project team? The attendees at this year’s PMI KXF on October 25 heard the answer during my session called “A Creative Approach to WBS Development”. This approach works great for many types of teambuilding activities—requirements gathering, design sessions as well as for project work break down structure creation.

One attendee commented: “Joanne’s briefing was efficient as well as compelling, a tough combination!”. See the full article describing the approach at [www.empowerchangenow.com](http://www.empowerchangenow.com)



## Life Transformations

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**Want to know more?**

We're on the web:  
[www.empowerchangenow.com](http://www.empowerchangenow.com)

## Balance Your Life Corner

We all know that we are what we eat. Our food is our fuel for our bodies and our brains. The more nutritious it is, the healthier we are, but did you realize just how much?

I recently started feeding my two cats a very healthy cat food. I define healthy in that the ingredients read like real food rather than chemicals. My 13-year old cats are like 68-year old humans, yet they responded quite favorably to the new natural cat food. In fact, my female tabby who had become lethargic has been bouncing around the house and is the first at the door to go outside to play in the morning.

Think about this before you reach for snack foods, even ones touted as "healthy" unless the ingredients are clearly food and not chemicals. Healthy eating will feed your brain, keep your head clear longer and allow you to be more productive.

## Easy Meal Preparation

Try Trader Joe's frozen prepared Tilapia fish fillets (they're coated with wonderful seasoning and cook up easily in a fry pan coated with a little spray PAM). This dish goes nicely with the mixed carrots and ginger frozen vegetables. I served it to a very happy guest and got rave reviews.

**10% OFF LIFE COACHING! New to intuitive life coaching?** What would you like to improve in your life? relationships? finances? career? Here's an opportunity to try out a session at a reduced price. Call or email today! [joanne@empowerchangenow.com](mailto:joanne@empowerchangenow.com) or 703-624-0130.



*Project Managers have many opportunities to be leaders—take advantage of that fact*

## Project Management & Leadership

At a recent program, a participant commented that he didn't know that project managers are leaders. My response was yes, PMs are coaches, mentors and leaders. I told him that he had a huge impact on his team. I asked him how many people are on his team. "15", he replied. Certainly with that size group and the number of hours one spends at work, the PM has many opportunities to go beyond the standard operating boundaries. Some examples are: (1) you set direction and vision for the team & the project; (2) on a daily basis you make decisions that keep the project on course; and (3) you provide the tools, opportunities for training for your people.

While all this is happening, you provide guidance on what to do by being an example for others. In this way, *You Walk The Talk*. This is the difference between a manager and a leader. A leader goes into the trenches and listens to his/her people and is one of THEM.

As a result, people will follow you. There are several types of authority, but that which comes from respect is the best kind.

In future issues, I'll discuss Enlightened Leadership.