



# EmpowerChangeNow Newsletter

*Life Transformations—empowering change*

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## Create Success with Enlightened Leadership Concepts:

- Capture your inspirational flashes
- Journal to recognize the patterns
- First EL-3i's Workshop Successful!
- Slow down to power up!

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### Welcome!

Thanks to all who attended and helped make my first Enlightened Leadership Workshop on April 3 successful! Over the last few months, I've unfolded information on EL in action. This month check out articles on understanding how to access and utilize one's inner creativity, understand your inspirational flashes & to journal to progress. As always, feel free to write me with your comments or experiences.

Sincerely,  
Joanne Aaronson, PMP, Ct EIIS, Ct Reiki

**Life Transformations** was founded in 2002 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and 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.



## Flashes of Inspiration—Creative Writing

### Situation:

About three years ago in the early spring, I felt the urge to write. The feeling was more like being "compelled" to write and I went with the flow even though I didn't know what it would become. I began to work on what seemed like a workshop but I didn't have any plans to do one. But the thought, the examples, framework and constructs kept coming into my head, so I wrote them down. The information came so specifically that I felt like it was a "download". The material was in note format which I took down in my own handwritten style. My creative time tends to me later in the evening and my best time to receive this information was on Friday nights. This particular "download" was a lot more than a "flash" of inspiration as it lasted for about two months of Friday night sessions. I sensed that one day it would become the makings of a formal workshop.

When I started preparations for my Enlightened Leadership workshop, I realized that some of that prior material fit quite well; and, the rest of the material that I received during that period would eventually become days two and three of follow-on programs to cover "It's about Power" and "Conscious Communications" which are yet to be finalized.

### Results:

I captured the information that I sensed and wrote it down knowing that one day it would become more meaningful; that is, it would be incorporated in to my intuitive life coaching business in some way. Now I feel the time is right for this material. The point is that it's important to keep track of the ideas, flashes of inspiration and lucid dreams that you have since you never know when they will have importance in your life. One never knows when the information contained in these flashes will be incorporated and implemented in one's life.

# The First EL-3i's Workshop

On April 3, 2008, I led the first **Enlightened Leadership: Maximizing Creativity via Innovation, Imagination and Intuition (EL-3i's) Workshop**, sponsored by PMI Montgomery Chapter. Although there were a



few minor mishaps with the caterer, the program was executed as expected. I knew there was more material than could be presented in the time allotted (something like having more scope than can fit into a schedule!) which led to my decision to leave a bit out (also normal with projects). The time adjustment allowed for a very innovative final exercise which incorporated many of the day's concepts and appeared to delight the participants as evidenced by their enthusiasm.

## Remember to:

- Use your intuition
- Imagination &
- Innovative forces to
- Maximize creativity

Some comments were "Thank-you for a wonderful workshop that opened up our senses..", "Wonderful exercises. I enjoyed the structure to explore these ideas and have a guided practice" and "Thank-you for helping me validate my belief in listening more to my inner self/intuition". Others offered suggestions for improvement such as "more time", and "even greater audience participation". Highlights of the program included modules on:

- Enlightened Leadership foundation concepts
- Accessing and energizing right brain creativity
- Understanding your flashes of inspiration
- Intuitive and Balanced Brain Decision Making

I thank everyone for their comments as I embrace continuous improvement and my ideal of service. Please pass the word to others as my mission is to encourage Enlightened Leadership. I intend to work with the other PMI chapters looking for another sponsor for the next iteration of this workshop sometime this year. In addition, please let me know if your company would like to sponsor an EL-3i's Workshop.

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## Balance Your Life Corner

How hard are you working? Or do you find that you're hardly working? We all have points beyond which we just aren't productive. It's important to understand and recognize our limits and when they're reached. Otherwise, we'll just be overly stressed, make mistakes and frankly, be non-productive.

I've found out the hard way that working too hard is counter-productive. If I'm pressed for time and leave out my "fun" stuff thinking that I need to "just work", I don't have nearly the creative energy that I have when I allow myself the relaxation. My fun stuff is meeting with friends, visits to cultural locations around town and in neighboring locations as well as my favorite—dancing.

What's your "fun stuff" about? Don't forget to slow down and be balanced in order to reduce stress. In the end, slowing down helps you to "power up".

## Journaling and Lessons Learned



Asking why someone should journal is the same as asking why a good team reviews lessons learned at the close of a program or project. Both are opportunities to capture situations and events that were both positive and negative experiences that can also be learning opportunities. Particularly for the negative situations, if these experiences are not written down and analyzed for the lesson(s) to be learned, they can be left to be repeated. Repeating negative experiences is a waste of time and energy. Hence, it's better to learn the lesson, where possible making lessons learned a key component of project closure. Journaling does the same thing, but on a more personal level. When a person writes down their experiences, the patterns and synchronicity with other events becomes clearer. The idea is to have a platform to evaluate and from which to learn. If you haven't seen a person in awhile, you might notice that they've lost five pounds for example, but if you saw them every day you might not be as sensitive to the subtle changes until you saw them in a new light—perhaps wearing a new outfit that showed off their figure. The subtle changes can be hard to recognize unless you write down that you noticed your friend was eating less or choosing different, healthier foods.

The same approach applies to projects: Jot down your feelings: about a team member's behavior, - about interactions in a team meeting, - scheduling conflicts coming from a particular vendor - a particular point in the project test cycle where you got a pain in your stomach.

Your sensations, feelings and urges are all important to make note of; with practice you can relate them to specific meaning: "I get a pain in my chest when we deal with this vendor. It means...."

"I get a sensation that something is wrong when an item is too risky to move forward"...

Like most things, practice makes perfect. After awhile, your journaling will be more accurate and you'll have a clearer picture of your lessons learned.