



EmpowerChangeNow Newsletter

Life Transformations— empowering change

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Volume 2, Issue 2

Create Success with Enlightened Leadership Concepts:

- Register for the Enlightened Leadership Training -April 3
- Maximize your inner creativity
- Practice being a spark of light
- Learn to read your messages

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



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.

IGS Messages — Finding The Right Path

I was leaving for Virginia Beach to go to a Conference in January. It started to snow the morning I was due to leave. I had planned to head out at noon in order to arrive before dark. However, by that time, there was two inches of snow already on the ground. As I said good-bye, people were concerned that I was driving so far – they said the reports were that snow was expected way south. I said, "No, by I-95 it will turn to rain".

My Internal Guidance System (IGS) message was – "it's ok, it will be rain and the path will be clear." It was a difficult 45 minutes driving in the snow to get to I-95, but as I approached the sign, the snow changed to sleet. Then a few minutes later, it changed to rain. My IGS was right. It was clear sailing after that. I got to my destination in a reasonable time after a very slow start.

This is a simple example, but it can be used to illustrate life. We commonly have choices, events, direction of what to do, say, etc. of where there is a barrier in the way of our desired goal. How often do we let that deter us versus asking our IGS,

"What's the situation here? What is best for me to do?"

Often after a short or mild inconvenience or difficulty, we get to the clear road and carry on just fine. If we never try, we would never find the other path.

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Maintaining an Attitude of Service: A Case Study at Target

One expects to find lots of policies and procedures in play at a large, nation-wide conglomerate like Target. To be honest, it's not a store that I frequented largely because of concern for quality and for what I expected in terms of customer service. I've since been proven wrong in both cases.

During the fall, I asked a co-worker where she recommended buying Halloween candy. Target was one of her responses, so I decided to stop there after work the week-end before the holiday. I not only found exceptional prices on candy, but I also found some other items for my bathroom which were well made, of good materials and at a reasonable price. Unfortunately, one of the bathroom items was the wrong size and the whole set had to be returned.

As I approached the service desk and saw several people ahead of me, I was glad that I had put the items to be returned in a basket since I expected to have a long wait. However, I was surprised at the speed at which the Target customer service person performed her duties. After just a few minutes, it was my turn; she scanned the items and was about to give me the receipt when I realize there was a credit for one less item than I had purchased. I knew I had put all the items back in the bags, then into the car and fully believed they had then gone into the shopping basket. I asked her to check again. Still there was a discrepancy.

Here's the unusual part. She used her intuitive judgment to size me and the situation up and said, "I'll give you the credit for the last item. If it shows up, just bring it back." I thanked her and went out to the car. As I opened the car door and moved my coat which was on the seat, I saw the last item in a bag. I let out an "oh", quickly grabbed the bag with the remaining item and went back into the store. There was a very long line at the customer service counter. I merely dropped off the bag at the counter. I didn't have to wait in line since I already had the credit!

The Target customer service person was not what I had expected. Rather, she turned out to be the customer service person that I can respect. As a result, I definitely would shop there again. If she had used policies and procedures and only credited me for the items I gave her, I'd have come away from the situation quite aggravated. As it was, she trusted me, a trait one rarely finds in such situations with retail stores.

Meeting an intuitive customer service person at Target was quite an experience. She not only used her intuition, she maintained a true attitude of service, both admirable qualities.



Remember to:

- Use your intuition
- Be of service
- Be Grateful

Be a light to others!

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! 703-624-0130.

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Balance Your Life Corner

Tired of the same store bought dressings? Here's a recipe for home made dressing that's sure to please. It's fast, easy and made of all natural ingredients.

Mustard Vinaigrette:

- mix extra virgin olive oil
- balsamic vinegar and
- Dijon mustard

Add some spices to the salad prior to adding the dressing. Some of my favorites are parsley, garlic, sea salt, ground pepper, ... I like to add the spices directly to the salad so that they stay fresher. If you plan to use the dressing right away than it's ok to add the spices to the dressing. Shake the mixture and serve on the salad.

Leftovers stay fresh in the refrigerator for about 2 weeks.

Workshop April 3, 2008: Enlightened Leadership Training

Maximizing Creativity via Innovation, Imagination and Intuition

Information and to Register

Sparks of Light—The Creative Solution



A few moments can make a big difference in someone's life.

I was passing by an office and saw a manager reading a book. I stopped in to ask him what he was studying. He replied that he was looking for an answer to a problem for his software development group. After a bit of philosophical discussion, I suggested that taking a walk was good for creativity and thus for finding a solution to his problem. He said that he had taken a short walk, but would consider taking a longer one that night.

The next day I stopped by his office and asked if he'd come up with his creative solution to his problem. He replied that I had been an inspiration to him; he had gone on a walk, and yes, he had come up with a good creative solution. The few minutes that I had spent with him were well worth it for him and for me. His immediate need was satisfied and he was most ready to help me when I requested status on my assigned tasks. He came to my desk and said,

"Is there anything that I can do for you?"

In just a few moments, I had established relationship, set the stage for positive interaction and provided sparks for Enlightened Leadership to take hold.