



# EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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**Life Transformations** was

founded in 2003 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 for unlimited possibilities.



**Dear Readers,**

**It's hard to believe that another year has ended and we are way into the first month of the new year! This month's focus is on resiliency in times of stress—something that we all can appreciate both at home and at work. I also continue to spotlight Enlightened Leaders that I find in the community, but this time it's in the form of a book. As usual, I welcome your comments or experiences with this material.**

**Always in light, Joanne**

## Tips for Bouncing Back

First a family member loses a job, then someone gets sick. Or, you've just been promoted and have extra responsibilities; just when you really need the support of your co-workers, a key person leaves the team. How do you handle it? There are two ends of the spectrum—we can get totally stressed or we can bounce back- and many points in between. If we decide to "reframe" the situation to look at it from the most positive perspective, we're called "resilient" - or so says Beth Howard in a recent article in the AARP Magazine.

I totally agree with Beth and many other researchers who find that some people are simply better suited to making lemonade, when life hands them lemons—sometimes even more than their fair share of them. So how do they do it?

Here are some tips for bouncing back after difficulty strikes whether on the home front or at work:

1. Consider all aspects of the situation. Take what's happening to it's worst possible conclusion. Are you there? No, then count your blessings. There's a bright side after all. You broke your leg? Well at least it doesn't have to be amputated! You don't have your right-hand person on your team? At least, all three people didn't leave. Of course, it isn't easy to look on the bright side when you really do have a situation on your hands. But it does help.

2. Get back into balance. Once you consider the worst that could happen, and you realize it hasn't, then you're able to gain perspective.

3. "Re-frame" the situation. Everything we do, we must think the thought first. Thus, we create our world one thought at a time. By coming up with a new vision of the situation, we can create a new paradigm of what can happen in the future. A key person left your team—envision that a new person shows up—perhaps one that wanted to move from another team;

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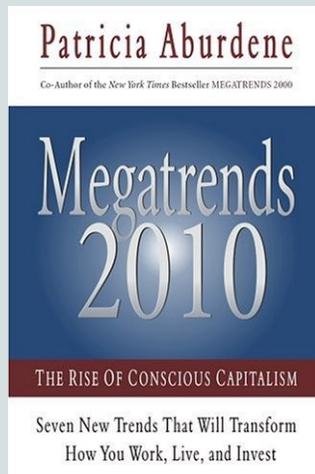
# Mega Trend: Conscious Capitalism

I may have the late horse in the race, but I'm glad to find out about what Patricia Aburdene calls, Conscious Capitalism in her book, *Mega Trends 2010: The Rise of Conscious Capitalism*. It seems that my Enlightened Leadership paradigm is moving forward and being embraced by many corporations as a major trend. From her introductory section, Ms. Aburdene, quotes how one HP executive drove his organization to millions in profit by applying spiritual principles after a life-altering experience—that of the death of his young son. We all learn in one way or another that there's more to life than work. In his case, this executive learned that such universal principles "inspire people to trust themselves and others, which helped them resolve issues and discover more productive solutions." Is this an interpretation of "if you want others to believe in you, you must first believe in yourself"? I've heard this before, but it's good to hear it again, no matter in what form it takes.

Patricia is not new to forecasting trends. She and her associates put out the last 3 major decade trends and from the reviews, they were right on. So, when she points to the link between "personal spirituality and corporate transformation", or "Spirit and business, I underscore her point. The same truths we hold in our personal lives, we bring to work.

## Remember:

- Spirit and transformation are linked



I would like to add a couple of points to Ms. Aburdene's conceptualization: If we believe that our own inner guidance will provide answers to our daily issues, then that's what will happen in the work place. Who we are on the inside and what we do (our actions) flow one from the other. Thus, our spiritual principles guide us no matter where we are. Slowly, they can and will transform the workplace.

I applaud her work and similar books by others who are currently approaching the topic of Conscious Capitalism.

It's a subject whose time has arrived!

Review: [http://www.amazon.com/review/R1VX4CSZU4X5VT/ref=cm\\_cr\\_rdp\\_perm](http://www.amazon.com/review/R1VX4CSZU4X5VT/ref=cm_cr_rdp_perm)

## Events and Happenings

My new book—an inspirational memoir to support those in grief and bereavement—

***The Circle of Life—A Journey Through Grief to Understanding*** is moving through production. The anticipated availability is March 2010.

Please see [www.josanpress.com](http://www.josanpress.com) for excerpts.

Contact me at [joanne@josanpress.com](mailto:joanne@josanpress.com) or 703-624-0130 for questions.





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## Balance Your Life Corner

### Walking in Daylight

Many of us have trouble with our bones. We are told to take Vitamins for our general health and calcium to keep our bones strong. Of course, there's dairy products. But did you know that you need adequate Vit D in order for calcium to be adsorbed in the body? Vit D is created by being out in the sun or daylight. It's possible to go to work early morning and leave work after the sun goes down and not get enough Vit D!



One solution is to take a Vit D capsule. Another is to take a walk in the daylight to allow your body to make it's own Vit D. Happy walking!

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or a new person is hired and you find they are a perfect fit for your group. Holding a vision for your future is the first step to making it happen.

4. Stay positive. Have confidence, that no matter what happens, you can handle it. You have the power inside of you to withstand the challenges before you. It's a law of nature that we are only given as much as we can handle!

5. Believe that you will be stronger for having gone through this trial. In the end, our challenges do make us stronger. Ask any breast cancer survivor or anyone that has brought a difficult project to completion for that matter!

The AARP article also pointed to some other traits of resilient people including the following:

1. Besides the obvious—of being optimistic
2. They're spiritual—they have faith to get them through (I certainly support this one)
3. They're playful—they know how to have fun (play hard/work hard—remember that one?) Having hobbies that get one out, are creative and reduce stress; a side benefit is being playful helps one keep their perspective and maintain they power—both important to the model presented above.

If you find that you have a lot going on, try out this model of resiliency and learn to bounce back!

All the best to you.

