



EmpowerChangeNow Newsletter

Life Transformations— empowering change

June, 2008

Volume 2, Issue 6

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 for unlimited possibilities.



Welcome!

As an Enlightened Leader, accessing your inner light to empower yourself and those around you is a critical first step in creating a strategic vision. This month I emphasize articles regarding these qualities and how they can help you move from "the vision of what you see to the reality of making it happen." Apply these capabilities in your life for both personal and professional success!

I welcome your comments or experiences with this material.

**Always in light,
Joanne Aaronson, PMP, Ct Reiki, Ct EIIS**

Using Vision to Assess Risk

Situation: In response to a customer concern regarding disharmony in her project team, I offered to use a technique described by Gary Klein in his book, "Intuition at Work". Dr. Klein presents a risk assessment technique which he calls a "Pre-mortem" wherein project team members envision a future where their project has totally failed and they have to come up with the reasons why; in other words, this is a creative way to assess risk ahead of time rather than the more traditional Post mortem or after the fact lessons learned approach.

Process: In order to get the team in a creative mind set to facilitate the future vision, the project manager and I used simple toys, colored markers and colored post-it notes. As you may know from my prior newsletters, having "fun" facilitates movement into the right brain and the creative mind, so I was setting the stage with "fun things". We only told the team that they were going to participate in a team building session and it was going to be really "fun" which created envy among the other teams that were not part of this session.

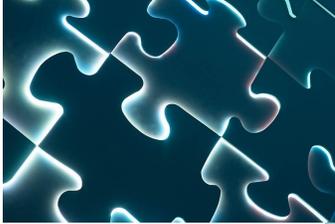
The project team entered the room, selected 3 colored markers each and immediately began playing with their toys right on queue. In addition, they responded very well to the suggestion, "See a future when the project has totally failed; hold that vision. Now see what caused it and write down the essence of the causes (or risks) on the sticky notes." They each began to write the causal events on their sticky note pads which were then moved around on large sticky paper to match up related items. By making light of the whole session, there was no frustration or angst about it; everyone was laughing and having a good time. After about 45 minutes, we shifted to, "what could be done to prevent these events from happening?" There was no judgment and all comments were captured. The entire risk assessment for the project took one hour. We do plan to continue to review the risks a bit more, but the main body of the work was done in record time since we were in a very creative mind set.

Follow-up: The team enjoyed the effort; we got the job done; and all parties got something out of it. By holding the vision of the future, I believe the goals of teambuilding while assessing the risk of the project were accomplished.

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Falling into Place



Earlier in the year, I decided to get my speaking engagements arranged for the year. Someone had sent me an unsolicited list of all the professional project management luncheon organizations in the area; however, I merely checked out the team lead for the luncheon activity and sent an email offer to do a presentation in the local area to that person. To my surprise and delight, that chairperson sent his own email along with a forwarded copy of my offer to speak to all of the local activity sub-chapter representatives and in no time I was swamped with requests to speak! When I inquired if the same presentation was acceptable, the reply was that the audience would vary by group making a repeat program totally acceptable. This was wonderful news as I could get some mileage out of a briefing that had taken me months to develop. Before I knew it, my speaking calendar was full for the year!

As my vision of the future changes, so do the opportunities that come my way. I decided that after doing all the arrangements for my one-day workshop, I wanted to be hired as a speaker. Within a couple of weeks, my first speaker request for proposal (RFP) arrived in an email from Toledo, Ohio. Somehow I had gotten on a speaker's list and offers to speak were arriving in my "in box"! I responded with a offer to do my briefing gratis and with a bid for my workshop. (I'll keep you posted on the results!)

Remember to:

- **Know where you're going (goal!)**
- **Hold that vision!**
- **Your vision can change with your goals**

Opportunities come up in my personal life as well. I decided that I wanted a very specific type of underwear and within a couple of weeks I found it for 40% off on the internet, whereas previously it had been unavailable. In another example, I wanted to see the new goselings complete with peach fuzz at the lake near my home. With amazing timing that could never have been planned, I arrived at the exact spot where the little ones were with their parents just as they moved from the shore to the water. Within minutes they floated off across the lake. Two minutes later I would have missed seeing them.

In each case, I held a vision of what I wanted to happen and very shortly thereafter events fell into place to make it real. My vision became reality through the synchronicity of the events one after the other. How could it be by chance and be so accurate? What can account for such "luck"? My answer is that it isn't "luck" at all; it's what happens when one is on their path... the right path. It's like being on a wave that carries a surfer smoothly to shore just by being present and not fighting the flow.

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

The benefits of a Mediterranean diet have long been recognized to reduce cholesterol and garlic is front and center. I've travelled throughout Italy, Spain and southern France and just love the Mediterranean food which emphasizes lots of spices such as Herbes de Provence, garlic and basil, fresh tomatoes and wonderful fish dishes, just to name a few. Garlic is well known as a nutrient for a healthy heart. Why take a capsule when you can eat wonderful dishes with the fresh thing?

Tip: to make garlic easier to open, rub it between your fingers to loosen the skin and it will just slip right out. Chop and then stir fry in some olive oil and use in your favorite recipes. Catch next month's newsletter for one of my favorites....

Intuition at Work



Where do you get your best ideas? Are you in the shower? Perhaps walking in the park, or if you are like me, it's anytime I slow down. Sometimes I've just gotten out of the shower after the hot water has totally relaxed my muscles and there it is—a great idea for an article or a solution to a problem that I was working on. Sometimes I wake up in the morning only to realize I just had a dream. Many times only a glimpse of it is left; just a bit is usually enough to give me hints at the ultimate purpose or meaning. I find that I must write down these flashes of inspiration quickly or I can lose them, whether dreamt or while lucid. I've heard people say they get their best ideas while shaving, walking or day dreaming. It's all related to the same idea. If I have a problem or issue that I'm working on, I may get a flash of what to do about it. After capturing it, I then have to figure out what it means and then incorporate it into my life to make it real.

What's at play here? It's your intuition, or your Inner Guidance System (the IGS, as I like to call it!), working behind the scenes of your conscious mind, in your unconscious helping guide you along. It's a source of information that's quite reliable because it comes from your higher self. The more you learn to recognize the voice of your own IGS, the more empowered you will be to lead the right life along the right path for you. Let's say you're concerned about retiring right now to do your retirement business full-time but are concerned about paying the full cost of medical insurance. After taking a walk, for example, you have an Ah HA moment that told you to move more slowly in your endeavors, cutting back your hours keeping corporate medical until your retirement business income stream is steadier. This makes sense as you are able to ask for a shorter work week and still keep up the same position which then allows you more time to move into your passion position. As you ask for this to happen, you find that your company is looking to cut costs and are very happy to have you offer a way to oblige without them having to find cuts in other ways. It works out well for everyone.