



EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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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.



Dear Readers, over the last few months, I've been introducing my Enlightened Leadership paradigm. On May 13, I presented my EL-Pathway to Success briefing at the Silver Spring PMI Chapter. In addition, I will be speaking at other respected professional organizations in the near future indicating that these concepts are catching on in the workplace. They are not only refreshing, bright and balanced, but convey simple back to basics ideas. Also, check out this month's articles on creativity to further your success whether for your professional or your personal lives.

As usual, I welcome your comments or experiences with this material.

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

The Secret to Project Success

Over my 20 years as a program/project manager, I've used the qualities of an Enlightened Leader to empower successful projects, bringing them in on-time and on-budget. How was I able to do this when others around me were having so much trouble? I used my inner light, otherwise known as intuition. Gary Klein, author of "Intuition at Work" presents the case for the importance of our intuition for our success. He postulates that our left brain provides data points while our right brains have already "made up our minds" what we want, plan to do, or ought to do in a certain situation. As project managers, this trait enables us to sense when things are about to go south, when a problem becomes a risk or, when not to trust someone (such as a vendor).

As we move from the left brain of data into the right brain of creativity we are enabling imagination. This quality enables our vision. Vision is what holds our projects together, providing direction like a map for a sailing ship. Many a project has gotten off-course when the team members were not all on the same page. Team members holding a common vision not only have a sense of community, but tend to have more team spirit and are therefore more productive.

Putting both intuition and imagination to work in the real world of products and services is innovation. Innovation is what allows us to come up with the out of the box solutions to real world problems, the slant on the technical proposal that receives the winning bid or a new perspective that allows routing around a potential risk. Thus, these traits are key factors of successful project managers, as well as leaders of all kinds. They not only helped me to be successful, employing them can help you be successful too.

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Creativity- A Facilitator of Success

Over the last few months, I've been introducing the facilitators of success according to my Enlightened Leadership paradigm. My emphasis in March was to engage the heart as well as your head. In April, I focused on knowing how to use your own power appropriately. This month, I concentrate on one of the most important facilitators to not only being successful as a leader, *understanding how to use your inner creativity*.

Based on my flawless track record of bringing in projects, I believe that knowing how to access and use one's inner creativity is **the secret to project and organizational success**. And the best part is everyone has it! It's just a matter of learning of to reprogram ourselves to get access, and start gaining the benefits that our right brain can bring to us. Most of us in the knowledge professions know how to use our data side – that's the left brain – but we shy away from depending on the right brain – that's where our creativity resides. There have been lots of studies done on how we actually make up our minds and then use data to back it up. I can tell you that it's been the right brain that:

- ◆ Helped me come up with out-of-the box solutions to problems to route around trouble before it became a serious risk. My famous weather story is the best. How did I know way before Katrina, that a hurricane would impact our project? I allowed two extra weeks and we were the only team that wasn't late on our timeline.
- ◆ To know how to work with team members or customers to satisfy the situation without impact to the project. Negotiations should be win-win. Sure! But how do you know what to do to facilitate that happening? It's your creative mind that provides the answers. When I had a problem project and determined that international conference calls were necessary to aid interaction, I negated \$25,000 worth of travel that management was convinced was necessary. It wasn't a technical problem, but a communications one. A different perspective was the answer.
- ◆ Comes up with a winning presentation. I came up with a tactic that provided the team a position that management couldn't refuse. By hitting a certain metric, showing it on a chart, the team established their position and even won an award. I gave them the idea.
- ◆ With people, with situations, with vendors, with forecasts/plans, with risks... with all aspects of the projects, it's your creativity that makes the difference.
- ◆ Learning to balance out your data side with your right brain creative side will lead to the best of both worlds. A balanced brain decision incorporates logic and intuition and is the key to fast, on your toes thinking that can put out fires and keep those projects moving on target.
- ◆ Not sure how to slow down and get access to your right brain creativity, your inspirational flashes or combine the best of your left and right brain? Take my one-day workshop on Maximizing Creativity on June 22 in Reston, VA.



Remember:

- **Left brain is data, and analytical**
- **Right brain is free flowing and creative**
- **Balance both for the best perspectives & decisions!**



Enlightened Leadership 3i's Workshop
Maximizing Creativity Via Innovation, Imagination and Intuition

June 22, Reston Executive Center, 7 PDUs

Call or write today, 703-624-0130 or joanne@empowerchangenow.com
For information or to register: www.empowerchangenow.com/store.html

Balance Your Life Corner



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Want to know more?

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High Protein Pasta Meal

I find that eating one vegetarian meal a day gives the digestion a break. Try this easy high protein pasta meal to fill the bill. Check packages of pasta for whole grain or otherwise containing 6 or more grams of protein per serving. Add your favorite pasta sauce—there are lots of bottled choices—from traditional marinara to Vodka cream. Or, if you're a Trader Joe's fan like I am, use one of their simmer sauces as a topper—like the Spinach, Korma or even spiced tomato. It's easy and very healthy. You can add stir fry veggies to add even more goodness. Enjoy!



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Learn the secret to project success. Added benefit is that you can apply these techniques to your general professional and personal life as well!

After attending the ARE's Institute for Intuitive Studies (EIIS) for several years both on-site and on-line, I earned certifications in intuitive development. This then helped me interpret the world of corporate America in terms of employing one's inner light based on the paradigm I call Enlightened Leadership.

The following facilitators of success make up this paradigm:

- ◆ Know who you are (be self-aware)
 - ⇒ (what do you stand for?)
- ◆ Recognize & use your inner light
 - ⇒ (knowing the right thing, at the right time and for the right reason)
- ◆ Self-empowerment & use of power
 - ⇒ (standing up for what you believe in and not giving your power away)
- ◆ Understand how to capture your inner creativity
 - ⇒ (use your right brain, inspirational flashes and combine them to forecast, plan, have vision, etc.)
- ◆ Communicate with your heart and your head
 - ⇒ (engage your emotions when working with people and not just logic)

Are you an Enlightened Leader? Can you take the test? Put these qualities to work to take home success on all fronts!

