

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, this month I review my recent workshop on Creating Your Ideal Career and how you can use these same steps to make your next job the right one for you. You can use these same concepts to work on any area of your life!. I also give you some info on how to over come one of the bigger fears—that of presenting, just one more way to empower yourself for success.

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

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

Overcoming the Fear of Presenting

Ever get nervous before presentations? Whether you are speaking in front of your team, your immediate organization or your company, the fear of speaking has been compared with the fear of going to the dentist. If you ever need to get a positive response from a group of people such as a decision making body or those listening to a motivating presentation, it's necessary to understand the group dynamics involved. The more relaxed I am, providing good examples of my points and helping people to solve their problems, the more positive the response has been.

I use the following points to help make my presentations relevant, heartfelt, polished and ready for my audiences and as a result, they've been well received. Be present to facilitate the best possible translation of words from your brain to your mouth.

- **Overcoming the Fear of Presenting** ¹
 - Set an ideal to guide your intentions for your presentation. Examples are: *being of service, allow me to say what they need to hear, allow me to be a channel of blessing...*
- **The Steps to Creating Your Ideal Career** ²
 - Clear the air by imagining light clearing out the darkness which is a metaphor for any negative energy that might be in the room. It is also possible to imagine white light over the participants to help them to accept your message more fully and with positive intent.
- **Balance Your Life Corner** ³
 - Keep the content relevant to the audience with meaningful examples.

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Steps to Creating Your Ideal Career

We are in interesting times. Isn't that the curse of the ages? *May you live in interesting times? It's especially interesting if you want to change jobs or move to a new career, but it's not impossible.* No matter what the time or situation, there are some basic steps that one must go through to overcome the past and establish the plan for action.

This is exactly the course I took my students through during my *Create Your Ideal Career Workshop* on November 13, held at a local Reston, Virginia location.

Testimonials included:

"Excellent seminar/workshop. I learned a great deal about myself and my ideal career. I will recommend this workshop to others. Thank you for a wonderful learning experience!"

Everything we do of importance we must first visualize in our minds. Once we have a clear vision, then we open the door of possibility to make it happen. Sure, nothing is perfect. There is a difference between "perfect and ideal". Ideal means it is the right thing for us NOW.

Why not use the principle of VISION? It's the same principle used every day by managers, CEOs and project managers to hold a vision and then make it happen. But, be careful, since you really can get what you ask for – or in this case – visualize! It's important to know what to put your mind on... and not just wander around wondering. Not having a vision of where you want to go with your career is like a ship sailing without a map or sails. You'll get nowhere fast.

After introducing the essential universal laws that apply, the students began to understand the importance of holding an attitude of gratitude so that they would attract help and support in their search.

Here are the steps I took the class through:

1. Understand your negative patterns. What got you here in the first place? Otherwise, you're destined to repeat it. Look over your last few jobs and figure out the patterns, the underlying lesson and then the solution. Devise a plan to implement the solution. (Sounds a lot like a project, doesn't it?)
2. Identify your current drivers. Now that you have the past under control, figure out what's important to you now. What are your ideals, values and beliefs? What are you willing to trade-off for something else? Know what the bottom line is.
3. The next step is to look into the future to create your vision. What would the ideal job/career look like for you if you could use the essential elements together? This is not as easy as it may seem. It is necessary to peel away all the non-essential stuff and get to the core 4-5 components. Again, much like creating the vision for your project and then working towards making it happen.
4. The mind has a way of helping us create what we focus on. We bring opportunities into our world that facilitates the tactical plan based on the vision that we hold.
5. It took us a full day to get to this point. Devote time to Creating Your Ideal Career yourself; or, let me know of your interest to attend my next class.

Remember:

- **Overcome past patterns**
- **ID what's important to you now**
- **Envision the future**
- **Put the plan into action**
- **Believe in yourself!**





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Want to know more?

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Create Your Life Corner

It's almost Thanksgiving, so some healthy recipes for the holidays are in order. I love sweet potatoes so here's a lower fat and calorie version of an old favorite:

Sweet potatoes

Marshmallows

1 small can pineapple (rings or chunks)

Brown sugar and cinnamon

Take several fresh sweet potatoes (figure one large per person). Peel off the skin with a vegetable peeler. Cut into big chunks. Arrange in a microwaveable or bake able server. Add marshmallows, pineapple and a few tablespoons of the juice. Add cinnamon and brown sugar to taste. Bake for 45 min. on 375 F or microwave (depends on amount). YUM!

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- Allow your heart to guide you in all aspects but especially to believe in yourself.
- Convey your enthusiasm. Engaging people in the first 12 feet of the audience will allow the energy to permeate throughout the room and connect you to the rest of the attendees.
- Let your inner light shine through. The knowledge and wisdom that's inside can come through easily if one is connected to their inner light and allow it to be seen by others.
- And, of course, practice, practice, practice! There's nothing like being ready for your audience with a well rehearsed presentation to come across like you really know your material.

I judge the degree of positive response by the number of people asking to sign up for my intuitive development and creativity newsletter, which has just about doubled over the last few presentations; I view this metric as an indication that I'm doing a better job at accomplishing my stated goals.

Try out some of these points to have more success with your presentations and one of the benefits will be less fear in the process.

