



# 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,

As we approach the holidays, I emphasize appreciation and gratitude. Hence, the introduction of a spotlight on someone who's shown the qualities of an enlightened leader. In addition, this month's articles focus on some frequently asked questions, while my version of the answers point to the power of opening to your own insights for personal and professional success. As usual, I welcome your comments or experiences with this material. Have a wonder holiday season!

Always in light, Joanne

## Frequently Asked Questions for Enlightened Leaders

### FAQ1: Not everyone wants to work late. How do we get the work done?

Every day we have situations where we are put to the test as managers. Can we figure out how to do the right thing at the right time and for the right reason according to the Enlightened Leader paradigm? Particularly, as we approach the holidays, some of the following situations may arise. Let's consider the possible enlightened solutions.

Q- The baby boom generation is now surrounded by younger workers. Perhaps some of your peer managers are much younger; having families they expect to leave the office on-time to get home even with deadlines leaving the rest of the team to pick up the slack. What to do?

A- When the project starts, the needs, as well as the limitations of all team members should be considered. Tasks are doled out and ownership extended at that time. It's up to each person to figure out how they will complete their assigned duties, whether they choose to work fewer hours for less pay for example or perhaps job sharing with another worker, which would reduce their chunk of work. If that's not possible, then they should consider flexible hours (starting early or arranging to stay late an evening or two during the week) to get their work accomplished.

A- Alternately, those without families shouldn't be regarded as workhorses who can routinely work weekends.

So in summary:

1. As a first course, allow people to devise their own plan
2. When problems do occur, allow the team to discuss equitable options
3. Avoid mandating solutions as this approach usually backfires
4. In the end, the philosophy of taking care of your people to encourage them to take care of you is what's always worked for me. This is definitely the EL approach!

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# Enlightened Leader Spotlight—Rod Terry

The Enlightened Leader Spotlight is a new article which will feature a person worthy of the title, "Enlightened Leader"; that is, someone who knows how to do the right thing at the right time and for the right reason. In addition, they should subscribe to the five facilitators of success, as defined in my EL paradigm including: (See [www.empowerchangenow.com/coaching.htm](http://www.empowerchangenow.com/coaching.htm))



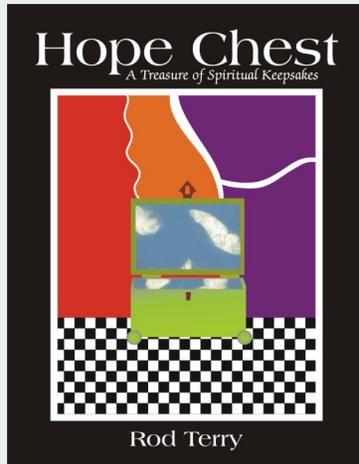
1. Know who you are (be self-aware)
2. Recognize & use your inner light
3. Self-empowerment & use of power
4. Understand how to capture your inner creativity
5. Communicate with your heart and your head

This month I'm highlighting Rod Terry of Washington, DC who's recently published the inspirational book, *Hope Chest*, a must read for all on the path to self-discovery. Rod and I share the same editor, which is how I happened to contact him. What makes him special is his willingness to take time out of his busy schedule as a lawyer at the American Bar Association to share his publishing journey with me. He understands and practices one of my universal principles: *what you give out comes back to you multiplied*. Thanks Rod!

I asked Rod to share answers to the following questions:

## Remember:

- To do the right thing at the right time and for the right reason
- What you give out comes back to you multiplied.



### 1. What brings you to want to help guide those around you?

My inspiration for wanting to guide/help others is from a space of love. I always want to be in a position to share my personal blessings, talents and attributes with others so that they may be inspired to reach their greatest potential and overcome barriers of fear and hopelessness.

### 2. How does your inner light/intuition guide you on a daily basis?

Throughout the day, I am always guided by my inner light/voice. There is a voice that is constantly speaking to me and keeping me on the right path. Most of the decisions I make on a daily basis are guided by my inner voice. I have relied on the guidance of my inner voice to make some of the biggest decisions of my life such as who to befriend or where to live or small decisions such as what words to use in a conversation or staff meeting.

### 3. Provide a summary of the impact of your book.

The overarching message in *Hope Chest* is that we all have the power to create the life we desire. *Hope Chest* contains a treasure of spiritual keepsakes and inspirational stories to renew the spirit and refresh the soul.

Find out more about Rod Terry and his other books, as well as purchasing this one at [www.rodterrybooks.com](http://www.rodterrybooks.com)

## Events and Happenings

Dec. 5: In a continuing effort to further my intuitive and spiritual studies, I took on an accelerated ministerial program this past year, with the Community Chapel for Wholistic Healing (CCWH) . [CCWH](http://www.ccwh.org). My ordination is December 5 in Reston, VA.

As always, my philosophy is to preserve the positive while overcoming the negative. In this vein, I will offer blessings for new homes, new babies, life transition (divorce, name change, reaching adulthood) as well as non-denominational weddings and funerals. Contact me for further details.

All ceremonies and blessings will be 50% off in December!





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[www.empowerchangenow.com](http://www.empowerchangenow.com)

## Balance Your Life Corner

### Neighbor's Health Salad

I had breakfast with a neighbor on Sunday and she brought me some of this wonderful "health salad" she'd made for a pot luck she was going to later in the day. It was wonderful. So I'm going to share her recipe with you. Cut up the following into small cubes or thin slices:

Cherry tomatoes, Salami, Mozzarella cheese, Artichokes, Olives and mix with balsamic vinegar and olive oil to taste.

Enjoy!



FAQs cont'd from Page 1

### FAQ2: In these trying times, many are asked to do more with less. How can we support our people?

As my EL paradigm suggests, we need to move towards the positive model of leadership wherein we support our people even in these tough times. How is it possible to do that?

The best approach is to research what's available within your company first - what kind of in-house training given by staff resources rather than outside, more expensive organizations is possible? Can another team provide a service on an exchange basis - help each other by sharing where appropriate?

Rewards can be simple in these challenging times - even certificates printed off your home computer are often framed by team mates (in my own experience over the years) when given in the true spirit of appreciation. Other options include a group lunch or sandwiches brought in.

Sometimes a minimal outlay of personal cash (if you can't get your managers to approve it) can produce huge paybacks. Small gifts given yearly with a team challenge for the best in breed works - many teams thrive on challenging each other. Just the prospect of winning the title can be enough to drive performance.

Hopefully, you've gotten some ideas. Meanwhile, don't stress over it. Stay positive. And, have a very happy holiday season. In the end, all that needs to get done will.

