



Issue 9: September 2010

For enquiries call **07521 991645**

Communication Corner



Looking for an inspiring evening or weekend course this autumn? The Institute, the home of adult education in North London is launching a brand new personal development course this month. COMMUNICATE & MOTIVATE is the ultimate course to enhance your self-awareness and improve your communication skills. There are a few places left: FOR FURTHER INFORMATION, VISIT: www.hgsi.ac.uk/courses-4330

Motivation Tool No.9 – Initiate

Sometimes a project can seem daunting. Merely making a start can be a satisfying and motivating experience. Go on, make a start; initiate something.

Book Club

"Eat That Frog!" by Bryan Tracy – *very useful time management techniques.*

The Six Energies

The energy of learning
The energy of meditation
The energy of conversation
The energy of movement
The energy of humour
The energy of music

For inspiration, motivation and balance, source a little of each of the six energies every day.

www.the6energies.net

Meditation (edited) extracts from "Tuning the Mind – The A to Z of Meditation" © D. Fonseca 2008

View From A Coach Window – Who knows?

Who was it that said "Television won't last because people will soon get tired of staring at a plywood box every night." I believe it was a 20th Century Fox movie producer just after the war. A few years earlier the chairman of IBM stated "I think there is a world market for maybe five computers." And in 1962 the president of Decca Records rejected The Beatles declaring "We don't like their sound, and guitar music is on the way out anyway." Ah the benefits of hindsight, but do stay true to your dreams, who knows where they will lead?

My thanks to this month's special guest, Nicoletta Adda who reminds us of the relevance of public image.

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What is Image Consultancy? – Nicoletta Adda

Image is a very powerful means of non verbal communication because the way we present ourselves has a major impact on our chances of success. An Image Consultant advises individuals on personal style and branding, helping them align their appearance to their values and identity. Through Colour and Style Analysis, clients learn how to best complement their natural colouring, face and body shape in line with their preferences, lifestyle and goals. The "look good feel good" factor increases our self-confidence and the belief that we can succeed. Talent alone is no longer sufficient: we must "look the part to get the part"!

For information about Pinkananas Image Consultancy visit www.pinkananas.com or contact Nicoletta on 07986 462633 or e-mail nicoletta@pinkananas.com

The A-Z of Meditation: Integral Yoga

Integral Yoga is about transformation of the whole being, rather than just one specific aspect: i.e. Physical, emotional, intellectual and spiritual. The Practice is centered round a type of breath control called Pranayama.



When practicing breath control, it is advised that the first thing to do - for a minimum of a month - is to develop long and deep in and out breaths (without retention); the second stage of Pranayama practice is 'alternate nostril breathing': close the right nostril with the right thumb. Inhale slowly through the left nostril. Close the left nostril with the right ring finger and removing the right thumb from the right nostril, exhale very slowly through the right nostril.

Then, reverse the process commencing with inhalation through the right nostril. In the third stage, you can do either of the above methods but include a period of breath retention: usually in the proportion 1:4:2 – a second to inhale, 4 to hold and 2 to exhale.