



Complete Harmony

Achieving harmony in your world

Coaching . Stress Management . Personal Styling . Reiki

How balanced is your life?

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Do you find that you don't have time to stand back, due to your hectic schedule, and think about where you're really going in life?

Is life getting faster or are we finding it harder to keep up?

There always appears more to do than there is time to do it. Everything is urgent and we find ourselves dashing from one place to the next, juggling between our work, our families and our home lives.

We find ourselves exhausted, only to be repeating the process the following day. Life can feel like a treadmill, stuck in a rut unable to get off and move forward with our lives.

So what is work-life balance? It is about gaining control, having as much balance as is possible and achieving all you need and want.

Gaining a satisfactory balance between the demands of our work and other aspects of our life (including home, personal and family) is fundamental for people to perform to their very best.

People, who are under an immense burden, simply don't perform to their optimum potential.

Work-life balance is not just about working less; it's about how, when and where people work.

The most important thing to be aware of is that balance is different for everyone. It is important that we are each aware of what harmony looks like for us as an individual. Once this is clear, it is far easier to maintain.

Gaining work-life balance in the 21st century takes discipline and deliberation. The decisions people make every day shape their lives.

To create long term balance we need to take responsibility, set boundaries and take action to establish what is, and isn't, acceptable.

By raising real awareness of what is happening in our lives, this is the first step to allow us to take responsibility and live truly fulfilling and productive lives.



Practical tips for a healthy and balanced life

Anticipate events and circumstances: Before leaping in, step back, anticipate challenges that may throw you off balance. Whilst you cannot account for every eventuality, you may avoid crises by anticipating what may lie ahead.

Focus on what really matters: Always be aware of what you want to achieve and what results you want. Focus on what's important to you.

Learn to relax: As little as ten minutes a day relaxation can make a difference to blood pressure and enhance a feeling of calm and control.

Get organised for autumn: Too Many Clothes, Nothing to Wear?

New season doesn't have to mean lots of new clothes, you can take old clothes and make them new season! You just need to be resourceful and organised. A survey by **Matalan** in *The Daily Telegraph* showed that "The average female will spend 287 days rifling through her wardrobe".

We sometimes get bored of our clothes and think that buying something new is the answer, but it's time to change old habits. Don't go spending until you've learned to shop in your own wardrobe.

Get Organised: It's easy to get lazy, but if you have a proper sort through your clothes you are guaranteed to find at least four new outfits. Reorganise your wardrobe into sections (like in a boutique!) and it will save you at least 15 minutes every morning.

Have Fun!: Don't think of it as a chore, think of it as shopping for something new and allow yourself to experiment with different looks. You will find it fun and a lot more rewarding when you realise how much mileage you can get out of what you already have.

Borrow a Fresh Eye: If you're really stuck then grab a friend or two and get them to 'shop' with you. Other people often see something fabulous in a piece that is old and boring to you.

At Complete Harmony Rachel helps people to make the most of themselves and their potential, achieving a more balanced and harmonious life, living the life they want and feeling a greater sense of calm, fulfillment and well-being.

Her calm, informal style and her approachability ensure she adapts her style to suit the client's needs.

With a successful commercial background and the attainment of BSc.(Hons) in Financial Services, Rachel now works as a Wellbeing Consultant. As a qualified and accredited Coach, (accredited with the Association for Coaching), accredited NLP Practitioner, qualified Stress Management Practitioner (with membership of ISMA), qualified Image Consultant with Europe's leading Image Consultancy, Associate for the Chartered Institute of Bankers, member of The Institute for Learners and qualified Reiki Master and member of UK Reiki Federation, she has extensive experience of coaching, work-life balance, stress management and health and wellbeing.

Rachel has combined a successful career with raising a family of 4 children, which enables her to empathise with clients, whose lives are a juggling act.

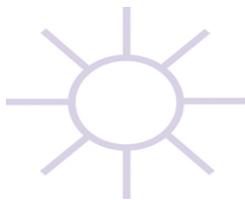
Rachel's corporate business...

How The Wellbeing Programme can add value.....

The competitive edge of your business depends on the competitive edge of your people. Develop your people and you develop your business.

We offer a personal approach to learning and development for businesses; achieving results through maximizing human potential. We work closely with our clients in both the private and public sector to design tailored training and coaching interventions to achieve specific outcomes. And we facilitate it in an informal manner that enhances learning and enjoyment.

We are able to deliver training and coaching in a wide variety of subjects: coaching, stress management, performance management, communication skills, assertiveness, feedback, confidence building, career skills development, problem solving, facilitation skills, return to work interviews, presentation skills, plus a range of Team Development workshops.



Career And Life Management

Mission Statement:

Delivering exceptional value to businesses, through a dynamic and varied programme of development opportunities; where staff feel valued as individuals and are actively encouraged to fulfil their potential and to benefit from a range of innovative wellbeing and holistic initiatives.

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