



## Complete Harmony

*Achieving harmony in your world*

Coaching

Stress Management

Personal Styling

Reiki

# Creating calm from chaos

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Worry is like a rocking horse – no matter how fast you go, you never move anywhere – it doesn't achieve anything productive.

When you find yourself worrying, you have to stop, take a deep breath to help relax and change your thought pattern.

Make it a priority to have clarity in your life and fine tune that clarity daily, though some form of meditative practice, where you are doing nothing other than quietening your mind, allowing for greater clarity and creativity.

Statistics often say that 90% of the things we worry about never happen.

A different survey broke it down still further:

- 40 percent of the things we worry about never happen
- 30 percent are in the past and can't be helped
- 12 percent concern the affairs of others that aren't our business
- 10 percent are about sickness - either real or imagined
- and just 8 percent are worth worrying about

Focus your mind on what you **do** want, really want to happen and think about what's already good in your life, then good things have a habit of coming your way.

Just ten minute relaxation a day where you do nothing is proven to have health benefits: lower pulse rate, blood pressure and reducing anxiety.

When you switch off and your mind wanders off, you can only do this when you are not worrying. As soon as you begin to worry, you start fidgeting and it interferes with your rational mind.

When you fit, well and relaxed you are more able to take on and deal with things, people problems etc, more productively and effectively.

### MR. WORRY

*By Roger Hargreaves*



### *Tips for late summer dressing – take the worry out of what you are wearing...*

It may not be the summer we had hoped for but we still need to adapt our work wardrobe for the warmer temperatures. Sartorial etiquette varies between companies but regardless of what you do and at what level, your appearance is sending messages out to your colleagues, your peers and your bosses.

Follow these top tips below to make sure you keep cool whilst looking the business at work.

Your staple items such as suits and separates should be in neutral shades such as navy, grey etc. Do try to go lighter in the summer and opt for medium to light grey, pewter and light navy shades.

Bring more colour into your working wardrobe in summer for a feel-good boost. Do consider what looks good on you and how much colour you can get away with in your work place. If in doubt, choose colours that are the least threatening; blues are 'safe' shades and green is a calming colour. Just make sure you pick the right shade for you and don't forget that you still need to present a professional image of yourself.

How much you like to bring 'fashion' into your work wardrobe will depend on your personality, but making it a bit more current can give you a little confidence boost. Just a new or accessory or mixing and matching pieces you already have, in a current way can make a difference.

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.

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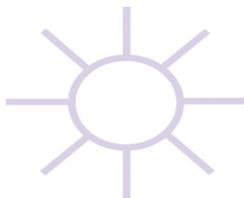
### **Rachel's corporate business...**

#### *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.



## **C**areer **A**nd **L**ife **M**anagement

### **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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