



Complete Harmony

Achieving harmony in your world

Coaching

Stress Management

Personal Styling

Reiki



New Year, New You

February
2011

New research from Aviva shows that nearly three in four people have started the New Year committing to get fit. But the vast majority admit that their past attempts to make positive changes to their lifestyle had failed by the end of January.

The 2011 New Year, New You report reveals that losing weight (72%), eating more healthily (61%), exercising more (68%), managing stress (23%) and cutting back on alcohol (18%) top the New Year's resolutions list.

Although most (56%) say that their New Year's resolve is currently still intact, 30% admit that they are already struggling. And, one in ten (11%) have given up on their goals already.

Abraham Maslow's Hierarchy of Needs theory (often referred to as 'Maslow's Needs Triangle' – below) is that people are motivated by needs that remain unsatisfied, and that certain lower factors have to be satisfied in order for higher needs to be recognized as unfulfilled.

According to Maslow's theory, only when the lower order needs of physical and emotional wellbeing are satisfied are we concerned with the higher order needs of influence and personal development.

So if you find yourself struggling to achieve certain goals in your life, then it's worth assessing those basic needs: clear mind, relaxation, healthy diet, effective breathing, conducive home and work environment etc. to ensure those physiological and safety needs are being satisfied.

Only then can you set and achieve those goals which will address the social, esteem and ultimately the self actualisation needs.

So: New Year, New You!
What do you want to do, be and have in 2011?

So whether your New Years resolution is to procrastinate less, delegate more, improve your ability to cope better under pressure, improve your work-life balance or eat a more healthy diet, a support mechanism may help you turn those New Year resolutions into tangible goals.

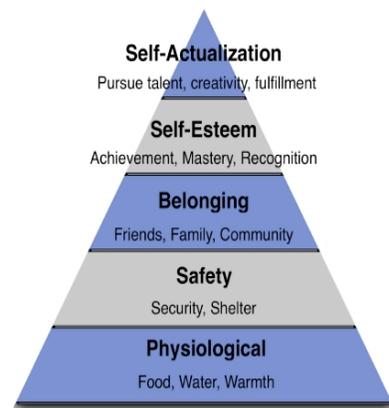


"The achievement of your goal is assured the moment you commit yourself". Mack R. Douglas

Decluttering: February is an odd month. We are still in the midst of winter and having worn our winter wardrobe since October we can be a bit fed up with it. The shops are either full of what we didn't buy last autumn or bikinis we can only currently dream of wearing. So, what is there to do whilst the coffers are recovering and the waistlines slimming down? **GET ORGANISED**

If decluttering fills you with dread try a simpler exercise: put your clothes together in obvious groups, i.e. skirts, trousers, jackets, tops, dresses and so on and within these groups put them into colour groups, so all the whites, the blues, etc. You will start to see your wardrobe emerging.

If you already know what colours and styles work for you the task will be a lot easier. The nice thing about a declutter is that we often uncover some forgotten items that we can revive. Ditto for shoes which usually pile up at the bottom of the wardrobe or in a corner of the bedroom whilst we wear the same pair day in, day out. The idea is that you may well have more than you think you have thus giving you more options without any need to spend any money.



Pyramid of Needs (After Abraham Maslow)

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.

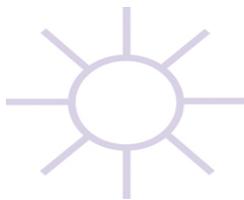
Rachel's corporate business...

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.

For more information please telephone or e-mail

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