



Complete Harmony

Achieving harmony in your world

Coaching

Stress Management

Personal Styling

EFT

Reiki

How balanced is your life?

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A professor stood before his Philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with big rocks. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the big rocks. He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students responded with a unanimous - yes.

The professor then produced two cans of beer from under the table and proceeded to pour them into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognise that this jar represents your life. The big rocks are the important things - your family, your health, your friends, your favourite passions - things that if everything else was lost and only they remained, your life would still be full."

"The pebbles are the other things that matter like your career, your aspirations. The sand is everything else - the small stuff."

"If you put the sand into the jar first, there is no room for the pebbles or the big rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Fall in love. Spend time with your friends. Take your partner out for a meal. There will always be time to go to work, go to the gym, give a dinner party and clean the car. Take care of the big rocks first - the things that really matter. Set your priorities. Lastly concentrate on the sand."

One of the students raised her hand and inquired what the beer represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers!!"

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 Coach (accredited by the Association for Coaching), accredited NLP Practitioner, qualified Stress Management Practitioner with membership of ISMA – International Stress Management Association, qualified Image Consultant, accredited EFT Practitioner, member of MENSA , Associate for the Chartered Institute of Bankers and a member of The Institute for Learners, she has extensive experience of training and coaching within the workplace, work-life balance, stress and wellbeing and career, personal and team development.

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.

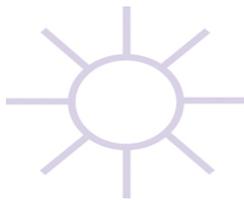
Rachel's corporate business...

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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