

SN-L Consulting

Helping Individuals and Organizations
Reach Their Potential



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November, 2012 Newsletter

Compliments of SN-L Consulting

Welcome to the *first* **H.O.P.E.** newsletter. Based on feedback, I have decided to create and send a quarterly newsletter. It is my goal to feature *matter of the heart* topics and to *keep you informed regarding up-coming H.O.P.E. sessions and events.* Your suggestions for topics to feature are welcomed!

Your Feedback: You ranked the following topics as your top 3 choices for future sessions:

- Taking on Fear
- The Power of Focus
- Living on Purpose and Courageous Leadership (tied)

Sondra-ism for this quarter: It is what it is; no more; no less

This Month's Feature Topic: Problems or situations?

I have come to conclude that there are no problems; there **are** situations and circumstances and when we begin to label, name, and judge situations we can create problems in our head. The situation or circumstance *is what it is; no more, no less.* Stop building **a story** around your situations and circumstances. When that happens, you can begin to identify with the story and *think* that's who you are. I think a story told over and over again is **DRAMA.** If you didn't have the story who would you be? **My answer:** More contentment, less distress and more internal peace. Think about it!

Reminder: Complimentary Sessions in Your Home

Invite guest to your home and select a *matter of the heart* topic you and your guest select to discuss. I will facilitate *three* complimentary sessions a year to pay it forward. These sessions will start in January. *Call or e-mail* if you are interested in more details to be a host.

Individual Sessions: Now accepting appointments for individual sessions. Think about paying it forward and give someone a **H.O.P.E.** gift certificate. Call or e-mail regarding fee for service rates. 30% off sessions held by Dec. 31, 2012.

Save the Date: Look for the save the date notice for discussing **"Taking on Fear"**

Next Newsletters: February, May, August, November, 2013

In the meantime, keep on exhaling!

If you do not wish to be on the e-mil list, please inform the sender.

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