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Living in the Moment

I hope this month finds you healthy and well. This month I have decided to write about living in the moment.

There is a wonderful book called 'The Artist's Way' by Julia Cameron that has a concept called 'the artist's date' where once a week you need to take yourself off on a date just by yourself doing something just for you.

As a coach I see many people who are overwhelmed with their lives and can't remember the last time they did something for ten minutes for themselves, let alone a whole hour. My artist's date this week was a whole day off — book shopping and going to the movies. While I was wondering around town I noticed many people rushing and looking unhappy.

Most of us have forgotten how to spoil ourselves and just be in the present, right here, right now. Instead we rush everywhere, stressing about the things we haven't finished, things that might not even eventuate. Unfortunately we miss the beauty of the special moments that are happening all around us.

So if this month you find your child wanting to talk to you while you are trying to do something, instead of brushing them off or only listening to them with half an ear, stop and give them your undivided attention.

Too many people getting stressed about having too much on their plate, too much in their lives and just too much of everything. I was reminded quite powerfully that we only have now. If you read a bit further you will find the book that reminded me of this.

When we get busy we start stressing about things that might happen in the future. The funny thing is the only thing we have is the present. It is the Universe's gift to us — the right here, right now.

Danette



ACCREDITED TRAINING

Advanced Diploma of Government (Financial Management)

Start date: 28 August 2008
Facilitator: Danette Fenton-Menzies
15 days of delivery over 5 months

Diploma of Government (Contract Management)

Start date: 5 September 2008
Facilitator: Danette Fenton-Menzies
14 days of delivery over 5 months

Certificate IV in Government (Financial Services)

Start date: 11 September – 11 December 2008
Facilitator: Danette Fenton-Menzies
12 days of delivery over 4 months

Certificate IV in Government (Procurement)

Start date: 11 September – 9 December 2008
Facilitator: Danette Fenton-Menzies and Grahame Gerstenberg
8 days of delivery over 4 months

Accrual Accounting

Start date: 23 October
Facilitator: Danette Fenton-Menzies
8 days of delivery over 8 consecutive weeks

The Advanced Diploma of Government (Human Resources) program is available for distance learning students from September 2008.

Study time is 9 hours a week over 6 months

There is only one success: to be able to spend your life in your own way.

Christopher Morley

ONE DAY MAGICAL LEARNING EVENTS

Leadership Skills in the 21st Century

Date: Thursday 21 August 2008

Mastering Minute Taking

Date: Thursday 4 September 2008

Coaching and Mentoring

Date: Tuesday 9 September 2008

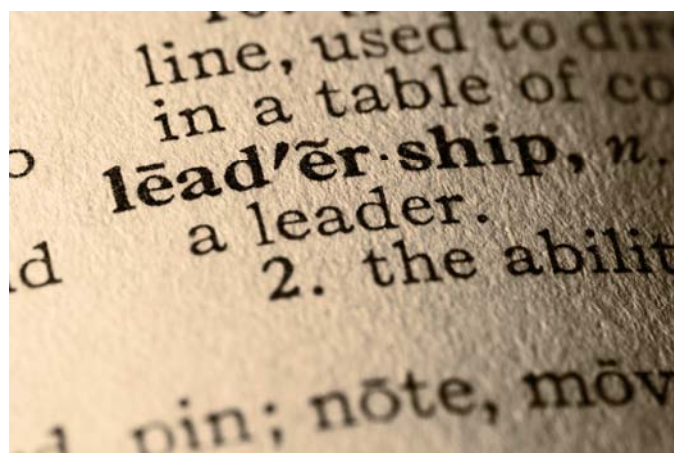
Mastering Stress

Date: Wednesday 17 September 2008

Building Social Networks using Face book, Wikis and Blogs

Date: Thursday 18 September
Facilitators: Michael de Percy and Dr Chris Sadlier
Venue: University of Canberra, Bruce, ACT

Call Wendy at Magical Learning for more information on 6273 2221 or visit www.magicallearning.com



BOOK REVIEWS

An Hour to Live and Hour to Love by Richard and Kristine Carlson

It is not often that a book blows me away but I have to say this one was absolutely amazing.

For his eighteenth wedding anniversary Richard Carlson (who wrote the 'Don't Sweat the Small Stuff' series) wrote a letter to his wife, Kristine, based on his most favourite quotation from Stephen Levine. The quotation asks, 'If you had an hour to live and could make just one phone call, who would it be to, what would you say... and why are you waiting?' Based on this he wrote the most beautiful letter to Kristine telling her all the things he would tell her if it was his last hour.

Three years later, on 13 December 2007, Richard caught a plane and suffered a pulmonary embolism while asleep and never woke up.

In the depth of her sorrow, the letter written three years earlier, reminded Kristine of that love and how it survives even after the person is gone.

As I read this book I cried several times. The love they shared is so evident. To share something so deep and to do it to remind others, complete strangers, that there is no time other than the present is such an extraordinary gift. If you are feeling stressed or frazzled or not quite in love with that special someone, read this and it will give you some amazing perspective.

After reading this book I sat down and wrote Grahame a letter. The tears in his eyes after he read it said it all. My letter is a work in progress — I am going to add to it every anniversary. And I am planning a letter for each of our children too.

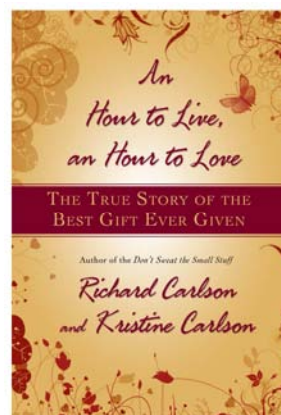
Remember we can't take any of our possessions with us when we go but we can leave behind an incredible gift to help ease the pain of those who are left behind.

The quote (and the idea behind this book) is so right — the time to tell that special someone how special they are is right now. The things that eat into your time with those special people can all wait an hour — this is way more important.

So now I ask you 'Why are you waiting?'

This one gets six stars out of five.

This month instead of our normal book voucher giveaway, we have a copy of this wonderful book to give away. This prize will go to the person who emails us and tells us who that one person would be and why they are so special to them.



Million Dollar Habits by Brian Tracy

Congratulations to Mike Lyon who sent in this book review and has received a \$30 book voucher from Borders.

This book was a free download when I joined Brian's newsletter (www.briantracy.com) and runs to just over 300 pages. While a lot of it is business focused, it provides a lot of really good advice on writing and achieving goals as well as becoming a generally better person (sounds a bit like Danette!)

The book is full of interesting and relevant quotes from a wide range of people, a number of which have really struck a chord with me and I often find myself dwelling on them days or even weeks later.

I have taken a lot of what Brian has suggested and have found that it has had a positive influence on both my personal and work life and I am seeing a very different and very positive future.

I have found the book to be well written and very easy to read and have found it so relevant that when I finish, I will be re-reading a lot of the particularly inspiring and relevant chapters.

On a scale out of 5 smiley faces, to me it is definitely a 5!!

Deep survival

by Laurence Gonzales

(W.W. Norton 2003)

Congratulations to Deborah Gaudie who sent in this book review and has received a \$30 book voucher from Borders.

The first rule of Survival: to believe that anything is possible!

Are you a true survivor?

Deep Survival is a riveting piece of work, taking you through the many facets of surviving as a human, whether you're piloting a fighter jet, taking a bush walk up Mt. Kosciusko or having a business meeting. Learn the rules of Adventure, overcoming adversity and read about some of the most compelling survival stories. Find out Who Lives, Who Dies and Why.

A brilliant book sharing valuable lessons for living life. Five stars.

There is nothing more powerful than an idea whose time has come

Victor Hugo



BITS 'n PIECES

The AHRI 2008 Leadership Conference

The AHRI 2008 Leadership Conference will present research, case studies and the latest thinking in HR and people management. Each state will run a one-day conference to explore the evolution of HR and the creative ways in which HR can make and impact. The ACT date is 17 September

Visit www.ahri.com.au/hrleadership for more information.

Oxfam unwrapped — an initiative to help fund Oxfam Australia's life changing work around the world.

The Oxfam unwrapped gifts go towards funding programs that each gift represents like farming, health, education, small business projects and emergency response, or helping Oxfam advocate for a fairer world.

Oxfam Australia is one of Australia's leading aid agencies. They work with local people, using local knowledge and resources, to help communities build their own lasting solutions to the problems they face.

To find out more about this work visit www.oxfam.org.au or www.oxfamunwrapped.com.au

