

Magical Life



June 2008

*Nothing can stop the man with the right mental attitude from achieving his goal;
nothing on earth can help the man with the wrong mental attitude.*

Thomas Jefferson

Mastering Stress

I have noticed this year that stress levels are rising in workplaces and people have less tolerance because of those high stress levels. The following are some quick pointers that can help you to control stress in your life.

One of the ways you can start to master stress is to identify what triggers stress in you. For example, running late causes me to be late (but I am sure you all know some people who have no reaction at all to being late). Knowing that this stresses me means that if I plan my day I am able to avoid running late (most of the time) and therefore I reduce my stress levels. So working out those things that trigger stress for you and working out ways of avoiding them or reducing the impact on you can help.

A lot of stresses come from worrying about things that might happen in the future. Even simply reminding yourself that you can only control yourself, right here, right now can be a great reminder to stop stressing over things that don't (and may never) exist. I say to myself, 'I am in the perfect place, right here, right now' whenever I start to stress out about things in the future.

Another stress I have noticed a lot of recently is the stress we bring on ourselves when we judge others intentions. For example, someone cuts you off in traffic and you start to feel your temperature rising. Instead of judging get curious. For example, what could be another explanation for the other driver's behaviour? Maybe their house is on fire, maybe a loved one is being rushed to hospital? Rather than getting stressed – learn to let it go, being stressed is not going to help you or the situation.

The same happens at work when you have conflict with another person – we always judge our intentions much better than we judge those of others (after all, we know our intentions). The majority of people are doing the best they can. Try to put yourself in their shoes and imagine other reasons (other than they are not a nice person) for their behaviour. There will be less conflict with this approach and a lot less stress.

Finally, do you take ten minutes for yourself every day doing something that makes you happy? When I ask really stressed out people this question, they all shake their heads. If I ask them, 'what do you like to do that makes you happy or gives you joy?' most of them don't remember (because it has been too long since they did anything that made them happy). This is the simplest thing I have found that helps people to reduce their stress levels is for them to take ten minutes each day to do something just for themselves.

So pick something that makes you smile and gives you joy and make sure you do that every day. Often stress gets worse because we forget to look after ourselves. Doing this one small thing everyday will give you more resilience and you help you to cope with stress much better.

So until next month, be kind to yourself, relax a bit more and enjoy living more in the moment.

Danette 😊

Magical Learning Book Club

Each month members will receive some of the best books from around the globe to inspire, to stay connected and informed on management, strategy, leadership and business. These books will add to your business library and members can join the book club at any time and choose how many books they would like to receive a month.

The books will be delivered to your home or business and the charge will be the publishers recommended retail price plus postage.

Fill out the registration form on the website and will start your membership today!

Call Wendy on (02) 6273 2221 if you would like more information.

We have also added to the web site a list of books, journals and magazines recommended by the Magical Learning team.

Upcoming Learning Events

Mastering Stress

Wednesday 23 July 2008, University House, Balmain Cres, ANU

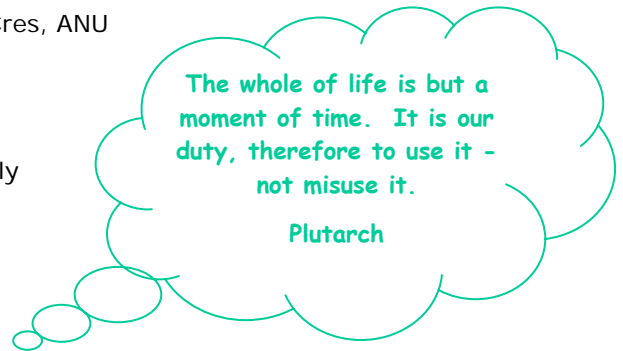
Wednesday 17 September 2008, University House, Balmain Cres, ANU

Who should attend?

- ☺ Anyone looking to perform efficiently
- ☺ Anyone needing to manage their time more effectively

Learning Outcomes

- ✓ Understand what triggers stress in you
- ✓ Deal more effectively with stressful situations
- ✓ Practice stress management
- ✓ Manage your time more effectively
- ✓ Create a plan for work/life balance



Cost: \$ 430 for club members and groups of 3 or more, \$495 for non-members.

Diploma of Government Financial Services

Start Date: 29 July 2008 (14 days of delivery over 5 months)

Who should attend?

The Diploma of Government (Financial Services) is designed to provide senior finance officers in the public sector with the competencies required to effectively perform their roles in government departments.

Cost : \$4,400

Advanced Diploma of Government Financial Management

Start date: 28 August 2008 (15 days of delivery over 5 months)

Who should attend?

This qualification is designed for people working in financial management in the public sector.

Diploma of Government Contract Management

Start Date: 5 September 2008 (14 days of delivery over 5 months)

Who should attend?

This qualification is designed for people working in contract management in the public sector.

Registration forms at www.magicallearning.com/training.html

Women with Ambition (WWA) breakfasts

For 12 years Ernst & Young has successfully hosted the WWA breakfasts for the women of Canberra. The WWA breakfasts are designed as an informal and supportive forum to facilitate networking and development among ACT professionals. The breakfasts are generally held between 7.15am – 8.30am on the third Wednesday of each month.

If you are interested in being included on the Women with Ambition mailing list, please forward your details to canberra.marketing@au.ey.com

Resilience

'It doesn't interest me where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.' (from *The Invitation* by Oriah Mountain Dreamer)

I've been thinking about resilience quite a bit lately. The Oxford English Dictionary defines resilience as: *(of a person) able to withstand or recover quickly from difficult conditions.*

Our lifelong learning journey requires building resilience. As we move through life we face challenges, setbacks and sometimes we lose our way. Our ability to bounce back from those setbacks plays a big part in determining who we become.

The old adage that *what doesn't kill us makes us stronger* has never been more true.

So what is required of us, in order to build resilience?

That's not necessarily an easy question to answer, but I'd like to share my thoughts on this with you.

Building resilience demands we face our challenges honestly and openly. That's sometimes a very difficult and confronting process - for human beings it's not an innate skill. We are typically more comfortable in remaining comfortable; tackling challenges and hardship puts us at risk and is sometimes very scary, so we may initially look to avoid the danger/ risk.

That presents another altogether different risk: instead of building resilience, we build **dependence**.

I think of dependence as a form of work avoidance; the work in this case is facing the real challenge openly and honestly. Rather than go down that path, we look for alternatives that don't look as scary or difficult, so we can continue to feel reasonably comfortable.

Dependence can take many forms: a drink or three every evening, spending more time at work, the occasional flutter on the horses morphing into a daily TAB visit, substance use and abuse to hide from our true thoughts, even throwing ourselves completely into a new hobby. Any and all of these things can help us feel as though we're 'coping', we're dealing with the hard things the best way we can – unfortunately most of the time we're simply hiding out.

One of the most important lessons I learned four years ago during a very confronting leadership course (the Sydney Leadership Program - <http://www.bensoc.org.au/director/whatwedo/leadership/sydneyleadershipprogram>) was the need to partner with others when you're faced with difficult situations.

Partners can appear in many forms: our spouse and/ or family, best friends and work colleagues, spiritual leaders and sometimes complete strangers who we meet at seemingly opportune times.

The critical thing about partnering is that it empowers us to face our challenges rather than trying to avoid them. Partnering can give us the extra knowledge, determination and passion for living a better life that encourages us to do the hard things.

Partnering can help us to build resilience, and that empowers us to partner with others to develop their own resilience.

Who are your partners, in life?

Grahame 😊

It is not length of life, but depth of life.

Ralph Waldo Emerson

Book reviews

Tell Me I'm Here, by Anne Deveson. 🌟🌟🌟🌟🌟

A haunting, emotional roller-coaster story of a mother's struggle to care for her schizophrenic son and the impact of that struggle on her family.

It's not the happiest book I've ever read, but it really does get in your face. An inspiring story of resilience and deep love; if you can't buy a copy, look for one at your local library.

Grahame

Competition

Now, if you'd like to win a \$30 book voucher this month, simply send us a short book or movie review (100 – 200 words).

Make the review about a book or movie that has inspired you (the book or movie does not need to be new). Include in your review how many smiley faces you would give it and email it to club@magicallearning.com.

Feel free to enter as many times as you like. The competition ends *COB* Friday 25th July 2008.

The winner will be announced in our next newsletter.

Team Management Profiles

Magical Learning is an accredited provider of the Team Management Profiling, which is recognized world wide as an effective team management and personal development tool. We assist organizations integrate different workplace cultures and assist in team building process which includes TMP.

Understanding work preferences is a critical component in developing individual, team, and organizational performance. Team Management Systems' Team Management Profile Questionnaire (TMPQ) is a 60-item assessment focused on enhancing understanding of an individual's approach to work. Based on the responses to the TMPQ, the Personal Team Management Profile provides constructive, work-based information outlining an individual's work preferences, based on the Team Management Wheel, and the strengths that an individual brings to a team.

People tend to practice what they prefer and therefore perform better in those areas that match their work preference.

Coaching

Magical Learning provides personal and executive coaching services to support you and your team through a range of issues, including:

- developing new skills
- managing change
- dealing with uncertainty
- making better decisions
- setting and achieving goals faster
- partnering collaboratively.

Whether you think you can or think you can't - you are right.

Henry Ford

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