

PUTTING YOUR BEST FOOT FORWARD

We have all seen people who seem to exude confidence. They look tall, walk tall, ask for what they want, and usually get it. For the rest of us, we may find we second guess ourselves. And, we may leave it too late to follow through on what we want, leaving ourselves open to regret afterwards. But, it does not have to be that way. There are three steps to putting our best foot forward, each and every time.



Step 1. You can believe in your product, project or mission. Whilst we may not necessarily believe in ourselves, we may find that we can truly believe in the product, project or mission that we are currently involved in. And, as we communicate with others about them, we can allow ourselves to convey those deeply held convictions.

Step 2. You can stand tall with a smile. It is often useful to start the day with a really good stretch, reaching for the ceiling, as high as you can. You will find that your posture is much taller for some time afterwards, leaving you feeling more positive, capable and empowered. You may also like to smile; even if it is just to your self in the mirror. And when you greet everyone you meet with a smile, you may find your smile is infectious. Seeing your smile returned can leave you feeling more warm, content, happier and even taller than before.

Step 3. You can turn negative self-talk to positive-self talk. Each time you find yourself engaging in negative self-talk, you can remind yourself of all your own internal strengths, as well as resources that you can tap into. You can then restate the negative self-talk into more useful positive self-talk. You may also find mixing with positive people helps you do this naturally.

At the end of the day, you can look forward to a happier, healthier, more confident you in 2009 and beyond. So, what are you doing to put your best foot forward, today?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$55 per calendar year.
As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ™ and CQ™, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates and get discounts off standard rates, receive calendar year subscriptions to CQ™ and HQ™, free entry to the SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM Seminars, as well as library borrowing privileges.
I would like to book into the following SEMINARS OF THE FUTURE™ and PROFESSIONAL PRACTICE PROGRAM seminars.

- 2nd March 2009: PP1: Setting Up Your Practice: What You Need to Know
3rd March 2009: PP11: Databases and How to Make them Work for You
4th March 2009: Overcoming Barriers to Your Career Success
1st April 2009: PP46: Staying 'A-live' - Reviewing the Basics
6th April 2009: PP2: Handling the Paperwork, Including the GST
7th April 2009: PP12: Websites and Marketing for the New Millenium
4th May 2009: PP3: Processes and Procedures that Work
5th May 2009: PP13: Entrepreneurial Spirit: Qualities of an Entrepreneur and How to Develop it
6th May 2009: Managing Office Politics
1st June 2009: PP4: Determining Your Price and Fee Setting
2nd June 2009: PP14: Entrepreneurial Spirit: Identifying Opportunities
3rd June 2009: PP47: Staying 'A-live' - Reviewing the Enterprise
1st July 2009: Managing Workplace Conflict
6th July 2009: PP5: Budgets and Cash Flows
7th July 2009: PP15: Entrepreneurial Spirit: Evaluating Opportunities
3rd August 2009: PP6: Marketing Your Practice: Your 'Product'
4th August 2009: PP16: Entrepreneurial Spirit: Developing Your Business Strategy
5th August 2009: PP48: Staying 'A-live' - Reviewing the Staffing
1st September 2009: PP17: Entrepreneurial Spirit: Managing Partners, Other Entrepreneurs and Venture Capitalists
2nd September 2009: Harnessing the Mind-Body Connection for Your Career Success
7th September 2009: PP7: Marketing Your Practice: Promotion Strategies that Work
5th October 2009: PP8: Marketing Your Practice: Getting Your Image Right
6th October 2009: PP18: Security Issues: Your Self, Your 'Product', Your I.P., Your Staff
7th October 2009: PP49: Staying 'A-live' - Consolidating the Growth
2nd November 2009: PP9: Marketing Your Practice: Alternate Places for Your Product
3rd November 2009: PP19: Growing Your Business as a Saleable Asset: Harvesting Your Business' Worth and Exit Strategies
4th November 2009: Unlocking Your Inner Career Potential
1st December 2009: PP20: Going Global: Issues to Consider
2nd December 2009: PP50: Staying 'A-live' - The Next Steps
7th December 2009: PP10: Marketing Your Practice: Databases for Your Practice

- I would like to order a copy of the Self Hypnosis audio tapes for:
anxiety management
resolving problems and issues of concern
sleeping well
stress management and relaxation

- I would like additional information about the:
CAREER DAYZ™ Program
FIVE STEPS Program (to setting S.M.A.R.T. goals)
Hypnotically Overcoming Pain Program
Making Self-Hypnosis and Self-Talk Work for You
Managing Anxiety Program
PROFESSIONAL PRACTICE PROGRAM Series
Self Hypnosis audio tape series.
SEMINARS OF THE FUTURE™ Series
Stop Smoking Program
Stress Management Program
Weight Management Program

FEES: 1) Membership for 2009 Calendar Year: \$55\$
2) Seminars: Non-members: \$22 each (\$55 if paying 'at the door')\$
3) Self Hypnosis audio tapes Members: \$30 each /Non-members: \$35 each
Plus: \$5.50 audio tape postage and handling fee\$

Note: All fees include 10% GST.

Name:
Address: Postcode:
Phone: (bh) (ah) Mob:
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