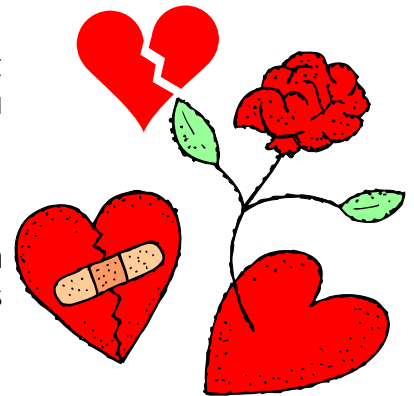


## HOW DO YOU KNOW?

How do you know when a relationship has come to an end or whether it is worth pursuing? Relationships can be deeply significant. They may define us. So, it may take a long time to reach an answer to a question of this nature. Let alone, act upon your decision. If you are asking this question of yourself, you may be feeling sad, frustrated, confused, lonely, alone, unsupported, underappreciated and perhaps even unloved.

This issue of HQ will provide some questions that may prove useful in ultimately answering this one big question for yourself. The first three questions require a simple yes/no answer. The remaining questions are more reflective. It is often more instructive to know why you answered in a particular way, rather than the direction of your answer to any one question.



Question 1: Are you, and your loved ones, safe and free from physical, psychological or emotional harm?

Question 2: Do you still love your life partner?

Question 3: Does your partner still love you?

Question 4: Is there something, that if addressed, would help restore the relationship you once had?

Question 5: Is there something, that if learnt, would help restore the relationship you once had?

Question 6: Would you and your partner be willing to do what's necessary to restore the relationship?

Question 7: Would you be comfortable discussing your concerns with your partner?

Regardless of whether you choose to stay or leave your life partner, you may find it beneficial to reach out to family and friends for emotional support. You may also benefit from relationship counselling (on your own or with your partner). See also *The Holy Grail of Relationships*, HQ,16(4)-17(1), *Speaking Your Partner's Language of Love*, HQ,17(4)-18(1) and *Love Birds*, HQ,20(2-3).

At the end of the day, we all deserve to be in a loving relationship, with a partner who cares about us and treats us well. So, take your time, do what's right for you and be sure to be kind to yourself as you work your way through this process.

## OUR MISSION

To provide a professional service, using best practices.

## OUR MOTTO

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

PPP\*: \$330 per calendar year.

SEMINARS OF THE FUTURE\*: \$330 per calendar year.

We are bringing our newsletters to the electronic age. Please email us if you would like to receive CQ<sup>®</sup> and HQ<sup>®</sup> electronically. We also welcome your opinions, comments, thoughts, reflections and feedback on this and future issues of both newsletters.

You can book your place in one or more of our programs by completing the application form (see page 2 of this newsletter) or by downloading the application form from our website.

## FOOD FOR THOUGHT

We are often asked what we want to be when we grow up. A more interesting question might be who do you want to be when you grow up.

By reflecting on who we want to be and what we stand for, we can make small changes to better represent our personal aspirations. In so doing, we can ensure that we are the best versions of ourselves going forward. At the end of the day, we can all be more of who we aspire to be. So, who do you want to be when you grow up?



## REPLY SLIP AND REQUESTS FOR INFORMATION

I would like to book into the Year 1, 2 or 4 **PROFESSIONAL PRACTICE PROGRAM** seminars (circle applicable year level):

Monday's **pPp**<sup>®</sup>, Year 1, 6.00-8.00 pm (1<sup>st</sup> and 3<sup>rd</sup> Monday, March to July)

- 7 Mar Setting Up Your Business: What You Need to Know
- 21 Mar: Handling the Paperwork, including the GST
- 4 Apr: Processes and Procedures that Work
- 18 Apr: Determining Your Price and Fee Setting
- 2 May: Budgets and Cash Flows
- 16 May: Marketing Your Business: Your Product
- 6 Jun: Marketing Your Business: Promotion Strategies that Work
- 20 Jun: Marketing Your Business: Getting Your Image Right
- 4 Jul: Marketing Your Business: Alternate Places for Your Product
- 18 Jul: Marketing Your Business: Databases for Your Business

Thursday's **pPp**<sup>®</sup>, Year 2, 6.00-8.00 pm (weekly from 7<sup>th</sup> July to 8<sup>th</sup> September)

**pPp**<sup>®</sup>, Year 4 Sunday intensives

- Day 1: 19<sup>th</sup> June
- Day 2: 17<sup>th</sup> July
- Day 3: 31<sup>st</sup> Jul

I would like to book into the 2016 **SEMINARS OF THE FUTURE**<sup>®</sup>, to be held in May or October as follows:

Day 1:  1 May or  9 October

- 10.00 Rewiring Your Career - The Theory
- 11.15 The Triune Brain, Amygdala and more
- 02.00 Basic Principles to Rewire Your Career, pt1
- 03.15 Basic Principles to Rewire Your Career, pt2

Day 2:  8 May or  16 October

- 10.00 Rewiring Your Career from the Inside
- 11.15 Your Boss is not a Hungry Tiger
- 02.00 If You Think You Can...
- 03.15 How to Make the Novel Work For You

Day 3:  15 May or  23 October

- 10.00 Rewiring Your Career from the Outside
- 11.15 Are You Showing Your Age
- 02.00 Rewiring Bosses, Colleagues, Stakeholders Clients and more
- 03.15 More on Making the Novel Work For You

Membership fees for 2016 Calendar Year: ..... \$ 330.00

Plus: Additional fee of \$220 if attending a second seminar series in 2016. .... \$ \_\_\_\_\_

Please make cheques payable to Rachel Abramson. All fees include 10% GST. Total: \$=\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ (bh) \_\_\_\_\_ (ah) Mob: \_\_\_\_\_

e-mail: \_\_\_\_\_ web: \_\_\_\_\_