

Issued 3 times a year, your free Be... Newsletter
Designed to provide general information and updates with respect to both the business and in those specialist areas relevant to delivering a professional service.
To introduce Be... and to keep in touch.

Be...

Year 2019 Spring/Summer Edition 4.2.1

www.be-learningdevelopment.co.uk

Providing Seminars, Workshops and Interventions:

Personal Development – Management Development – Supporting & Working with Others



Announcement

Third Book in TO THE POINT Series

I am pleased to announce the release of Influencing and Interpersonal Effectiveness which came out on 17th April 2019.

TO THE POINT books were originally created to provide access to ideas and frameworks which can be integrated into daily life. Other titles also available and on sale in countries worldwide are:

- Resilience A Choice for Everyday Living
- Bullying and Harassment of Adults

A Snapshot of Some Forthcoming Activity:

- Specialist – Organisational Specific Seminar
- Strengthening & Sustaining Personal Resilience
- Influencing Skills
- Mentoring Skills/Mentee Skills
- Intro. To Equality/Diversity

Dear Reader

Welcome once again to the latest Be... Newsletter.

Spring is a particularly busy time as it includes the transition to the new Business Year and so reviews, updates and the groundwork for maintaining records etc. has taken place. The 18/19 Business Review has been completed and it has been a pleasure to look back on another interesting year for Be...



Thank you to all customers and participants who yet again have contributed to an enjoyable and productive year. Now in 19/20, if you are an existing or new customer and would like to discuss any aspect of service delivery or make a booking, please do not hesitate to get in touch. Plus, don't forget that you can also reach me and see regular posts via other social media platforms including LinkedIn and the Be... Facebook Business Page.

Jacqueline

Business News

This period marks a **busy time for seminar delivery** as customers/clients look to utilize business budgets and support learners and organisations. This means preparation of content and materials, but it is also important to engage in meticulous planning and ensure that schedules and travel plans are all in place. It is always a lovely feeling when everything comes together and so enjoying an energetic and effective time.



Focus on... Resilience: Self Maintenance

Being organized

One aspect of resilience is a focus on continuous personal self-maintenance. Indeed, if we consider the quote by President John F. Kennedy 'The best time to repair a roof is when the sun is shining' the same principle applies to our own wellbeing. However, it can often be the case that we decide to make changes either during or after the storm, but it is at precisely these times when our energy is depleted, and exhaustion means that we may not really have the physical energy or mental strength to take on anything else. Therefore, working on those things over which we have control on a continuous basis and creating good habits is to our advantage.

I recently had work done to my home which precipitated a big spring-cleaning session. This was an opportunity both to re-organize but also to take control by de-cluttering and letting go of many possessions which no longer served a meaningful purpose. Getting into the habit of looking after your living space, working space and possessions is an aspect of personal self-maintenance that can be carried out before waiting for things to become overwhelming and can have many benefits:

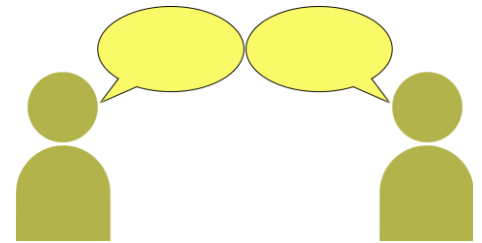
- ✓ When things are organized time is saved in the longer term: There is no wasted time running around in a panic trying to find things that have been 'lost'. Daily tasks can better be streamlined which in turn means that more time can be spent on those things that are important
- ✓ I confess I found some things that I had forgotten I had! Being organized means that money may be saved by not duplicating purchases
- ✓ Stress is reduced as being organized can generate a sense of being in control and relaxation. This in turn can enhance resilience

About Creating Habits – Some Tips (Source/Inspiration: The Psychologist)

- The amount of time that it can take to establish a habit has been reported to vary widely
- Ideally, behaviors are repeated on a daily basis in order to develop into automatic habits
- Don't stress if occasionally you are unable to meet your goals for creating a habit (life can have other ideas) – you can always get back on track.
- Creating a new habit can be hard work, commitment is for the long-haul



'We are what we repeatedly do. Excellence then, is not an act but a habit'
Aristotle



Q & A

Q. Where else can you find updates, information and blogs posted by Jacqueline Mansell & Be...?

A.

- The Official Be... Website
- LinkedIn
- WordPress
- Facebook Page*
- Pinterest
- Twitter

***A note about the Facebook Business Page name:**

The business page is to be found under the name Jacqueline Mansell. Unfortunately, FB conventions meant that it has been unable to accept the (ellipsis) as part of the Be... header.

