
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 Summer/Autumn Edition 4.3.1

www.be-learningdevelopment.co.uk

Providing Seminars, Workshops and Interventions:

Personal Development – Management Development – Supporting & Working with Others



Dear Reader

As always, I am delighted to bring you the latest Be... Newsletter: To keep in touch and to share tips and information.

Providing on-site customer service involves crisscrossing the country and this business period literally means coast to coast. Therefore, while travelling I have been inspired to think about sharing ideas for travel and these can be found in the feature article overleaf. One of the advantages of travelling is meeting individuals and participants from different locations and in turn being exposed to many viewpoints which, I hope enables me to add breadth and take a well-rounded approach for all of my clients/customers. 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.

Jacqueline

Business News

Business during this period included enjoying an invitation to join a House of Commons All-Party Summer Reception held on a very warm summer evening. It was lovely to meet many interesting people, to hear speeches and appreciate the ambience of such an iconic environment as the Palace of Westminster.



Picture - Clockwise from top right: View from the terrace of the Houses of Parliament; Rishi Sunak MP Chief Secretary to the Treasury; Looking across the Thames to the London Eye

Copyright © Jacqueline Mansell Trading as Be... 2019

Supporting the development of confident & effective individuals & organisations



Announcement

TO THE POINT

The latest **TO THE POINT** title, Influencing and Interpersonal Effectiveness can now be purchased from Waterstones by using 'Click and Collect'

<https://www.waterstones.com/books/search/term/jacqueline+mansell>



A Snapshot of Some Forthcoming Activity:

- Strengthening & Sustaining Personal Resilience
- Influencing Skills
- Interpersonal and Group Cohesion
- Dealing with Difficult People

Page 1 of 2

Feature Article - Focus on...

Wellbeing - Travelling Tips/Hacks

In the last newsletter (Edition 4.2.1), I discussed the benefits of positive habits and being organized. This article continues the theme by focusing on travel.

Travel is an aspect of life that can be stressful and have the potential to trigger anxiety as it is an aspect of life which can hold many areas of unpredictability. For myself, concerns about driving on roads to which I am unaccustomed and locating car parks, venues etc. in a city or place which is unfamiliar can sometimes be tricky. This, particularly while wanting to arrive fresh and ready to facilitate/deliver a session. Therefore, here are some of my tips for creating a smooth travelling experience.

Packing

- ✚ Create a tick list/check list of everything that you need to do and need to pack before travelling and then actively use it
- ✚ Before starting to use your tick list/check list, make sufficient copies for future use (so saving even more time)
- ✚ Keep a toiletry bag packed and ready to go and then quickly replenish after each journey ready for next time
- ✚ Pack crease resistant clothing
- ✚ Plan in and allow sufficient time before travelling to get well prepared

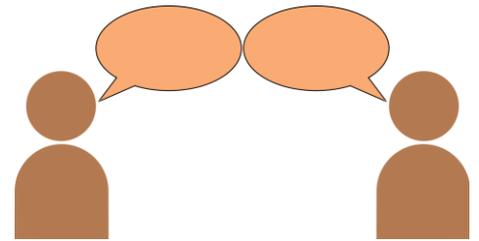


The Journey

- ✚ When working out your route, plan backwards with respect to the time needed and build in time for the unexpected, such as being held up by road traffic jams, accidents etc.
- ✚ Plan a comfort break during your journey even just for a leg stretch (we've all seen the message at the side of motorways)
- ✚ Sometimes the unexpected can happen and delays can occur. For example, one very cold evening I was returning home and was caught in a standing traffic jam behind a major incident. With lots of other motorists I was stationary on the motorway for some 5 hours. Therefore, at a minimum keep a warm blanket in the car
- ✚ Keep some soft drinks and snacks in the car
- ✚ Perhaps have a favorite selection of music to play during the journey which keeps you calm and happy



Finally, you can't necessarily control and plan for everything, but you can enjoy travelling in the knowledge that you have done as much as you can to have a seamless journey and a great time 😊



Q & A

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

A. You can also reach me and see regular posts via other social media platforms including:

- 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.

