



Issue 3: March 2010

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## Communication Corner



*We are disturbed not by events, but by the views which we take of them.*

Epictetus, Philosopher of ancient Greece

## Motivation Tool No.3 – Create

Create something - a poem, a story, an article, a model, an idea, a special event, an opportunity, a special gift, a conversation, a special moment for a loved one – and release the motivating power of creation.

## Book Club

"I'm OK You're OK" by Thomas A Harris – the definitive book on Transactional Analysis in human relationships.

## The Six Energies

The energy of learning  
The energy of meditation  
The energy of conversation  
The energy of movement  
The energy of humour  
The energy of music

*For inspiration, motivation and balance, source a little of each of the six energies every day.*

[www.the6energies.net](http://www.the6energies.net)

*Meditation (edited) extracts from "Tuning the Mind – The A to Z of Meditation" © D. Fonseca 2008*

## View From A Coach Window – Communication Heroes

What Big Conversations are you currently avoiding? If you need to have a difficult conversation with someone and are not looking forward to it, try using the HERO Model and adopt the following mindset:

Start with the premise that you are both **H**uman with similar needs and concerns; adopt an "I'm ok you're ok" approach". Show **E**mpathy and seek to understand the motivation behind their behaviour. Demonstrate sincere **R**espect to the person whatever has gone on in the past. Talk with an **O**penness that will build bridges and move things forward. Ask yourself: what can I do to improve this relationship? What would be the benefits of having this conversation? What are the costs of not having it?

Our special guest this month is Frankie Hall who is going to tell us a little about what Counselling brings to her clients; then we will continue our journey through the meditation alphabet while the third in our series of motivation tools is shown right.

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## A Safe Place To Talk – Frankie Hall

**Counselling** provides time, space, empathy and a safe place to talk, breaking down the emotional blocks that prevent people from finding inner confidence and peace. There are times when conversations are unfinished and issues are not addressed. Sometimes anger becomes repressed, but the soul remains agitated. The fast pace of day to day living leaves us little time for reflection and suddenly another year has gone and we are still living a life that is wrong for us. Eclectic counselling draws on elements of different therapeutic models which enables the counsellor to select the right approach for the individual and their situation.

Frankie Hall is a fully qualified eclectic counselor; visit [www.frankiehall.co.uk](http://www.frankiehall.co.uk)

## The A-Z of Meditation: Counting

The essence of counting as part of a meditation exercise is to focus wholly on each number as if nothing else in the world existed apart from that number at that moment. Here is a simple exercise you can try:



Breathe in - take in a deep breath through the nose, and as you do so, count 1  
Breathe out - let out a deep breath through the mouth, and as you do so, count 2  
Breathe in - take in a deep breath, and as you do so, count 3.  
Breathe out - let out a deep breath, and as you do so, count 4 and so on.