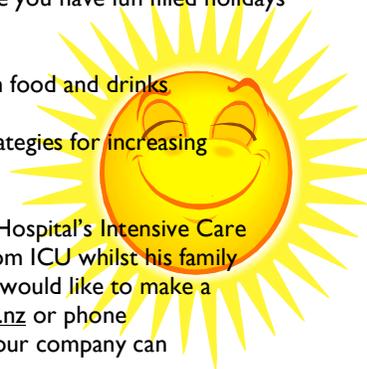


Welcome to the Summer newsletter. I send my very best wishes to you and your families for your Christmas and New Year celebrations. I hope you have fun filled holidays and remember

- take a good break/ time out from work; relax and exercise
- drive carefully on the roads, take frequent breaks, refuel with food and drinks and don't use your mobile phone
- express gratitude (one of the most widely recommended strategies for increasing happiness)



Over the last month my nephew, Ben has been in Wellington Hospital's Intensive Care Unit following a car accident. He has had exceptional care from ICU whilst his family from Hawkes Bay stayed @ Ronald McDonald House. If you would like to make a donation to this wonderful cause, visit www.givealotoflove.org.nz or phone 0800lotoflove (or 0800 568 635 683) to discuss how you or your company can support Ronald McDonald House.

Cathy's Story: HOW A SNAKE BITE CHANGED MY LIFE

For most of this year, my life was spiralling out of control. One misbehaving teenager, one chronically ill teenager who wasn't looking after himself, a job that just kept on getting busier, no time to exercise, no time for a holiday – everything just kept on piling up. Eventually I simply couldn't cope any more, and went into my own personal cave for a week. When I came out, still fragile but able to cope once more, I decided that if I didn't get a holiday with my partner, I was going to self-destruct. So we booked a whole ten days in a retreat next to a nature reserve several hours drive out of Sydney.

We were so looking forward to the holiday. Ten days of nature walks, swimming in the river, and generally chilling out. The first morning, we got up for an early morning walk to look for a platypus. Didn't find a platypus, but a snake found me. A particularly venomous brown snake. It bit me – twice. Being bitten by a venomous snake isn't so bad – it's what comes afterwards that is pretty horrid. A helicopter ride back to Sydney, 4 days in hospital (2 of them in intensive care), more needles than I like to think about, and a feeling when I got out that I was so damn lucky to still be alive that my life was going to change.

Julia had seen me get more and more stressed all year (working with me as a PT), and had mentioned to me that she also did life coaching. I knew I needed it, but it was one more thing that I felt I simply didn't have time for.

When I got back to Wellington, the first thing I did was to talk to Julia. I still wasn't up to training – I was waiting on my blood tests to give the all clear – so instead we spent an hour talking about a few of the changes I needed to make.

- Work fewer hours and spend less money
- Return to being a vegetarian
- Learn how to cook
- Watch my son play sport every week
- Spend time every week with my friends
- Go running three times a week

They weren't resolutions. They are actions. They are simply the way I have "chosen" to live my life now.

It's only been a few weeks, but already I can hardly believe I am the same person I was a few weeks ago. I feel I have rediscovered the joy of being alive. The act of taking control over my life again and deciding for myself what is important has made a huge difference to me. No longer do I feel out of control, stressed, under pressure. I am serene. I am in equilibrium. And, though life's problems never go away, I can deal with them now.

I got a tattoo on my leg where the snake bit me to remind myself that death may be a single step away, so that I never forget the new me.

So, don't wait for that snake to bite you. Make the change now. Thanks, Julia, for helping me to work out what to do and how to do it! (Thanks to Cathy Sneyd for sharing this story)

TAKE CARE OF YOU

- Do you eat the most important meal of the day – breakfast – every day?
- Do you eat 10 veges and fruit per day
- Do you exercise x5/wk?
- Do you allow yourself time to enjoy socialising?
- Do you have a passionate pursuit in your life?
- Do you put off leisure that could give you pleasure?
- Do you find time to be in the moment with family members?
- Do you find quiet time for yourself?
- What do you do for fun?
- Do you sleep 7/8hrs a day

Be a WINNER!

Answer the following question by return email and go in the draw to win a Brooke Coaching cap and a half hour free life coaching session via phone

Finish the Brooke Coaching motto:

"Turning your obstacles into....."

To find the answer, visit www.brookecoaching.co.nz

Email your answer to julia@brookecoaching.co.nz



Brooke Coaching & Relocations International Ltd assisted with sponsoring the City Mission Golf Tournament

HERE'S WHAT I DO AND BELIEVE

I am passionate about health, fitness and well being with the need to balance mind, body and soul. I want to inspire success in my clients by helping them find this balance in themselves, their home and work/business environment to create a life they enjoy and are passionate about too.

Coach – life/work balance, Personal Trainer – health, wellness and fitness

Visit www.brookecoaching.co.nz

Director of Relocations International Ltd – Visit www.relocate.co.nz

To find out more, please contact Julia on 479 3765

I have lived in Wellington most of my adult life and believe the following quote from Lauris Edmond sums up Wellington perfectly... *"It's true you can't live here by chance, you have to do and be, not simply watch or even describe. This is the city of action, the world headquarters of the verb."*

WELLINGTON SWING TRIO - HOT CLUB SANDWICH

First Friday of the month from 5.30pm onwards

Old St Paul's, 34 Mulgrave St, Wellington

Join in a jazz evening with Hot Club Sandwich. The band usually consists of Andrew London (guitar), Terry Crayford (piano), Nils Olsen (saxophone, clarinet, flute), and a floating members or "sandwich filling". Door charge: \$20 per person. Drinks are available for purchase.



DID YOU KNOW? The sunshine vitamin -

Regular doses of vitamin D will optimise your health; reduce your risk of developing cancer, heart disease and even depression.

Bare flesh warmed by the sun is by far the most efficient way of boosting our Vit D levels. It's hard to believe that we live beneath the rays of the intense southern hemisphere sunshine, and yet Vit D deficiency is endemic. The UV rays are responsible for causing sunburn and stimulating Vit D synthesis.

How much sun do you need? The conservative 200iu a day recommendations require little more than 10mins a day of face and hand exposure during peak burning UVB times 10am -2pm (summer months), without wearing sun block! Supplements may be advisable for fair-skinned, red-haired or freckled people, those with a skin cancers or a family history of melanoma. Women with a low blood vitamin D level have a 222% increase in their risk of developing breast cancer. Source: Carcinogenesis journal, 2008. See more at www.mindfood.com

However, we need to be mindful of our high melanoma rate in NZ.

I LOVE REFERRALS FROM YOU.....

If you know of individuals or companies who would benefit from using my services contact me on 479 3765 or email julia@brookecoaching.co.nz to discuss how we I can assist them or refer them to my website.

www.brookecoaching.co.nz



Christmas Wishes from Julia

BROOKECOACHING
work / life / balance

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The 11th Hour

Uncertainty is a part of life. It can drive us into aimless pursuits of negativity such as smoking, excessive drinking, overeating and time wasting activities, or afford us the opportunity to change direction positively and grow. Discover who you are by taking risks and learning from your mistakes. This 11th hour can be chaotic, but it is your challenge to persist by entering a new phase in your personal journey. Excerpts from;

www.creativepresentations.com.au

"We must accept finite disappointment, but we must never lose infinite hope."

Martin Luther King, Jr

"Radical acceptance" is the ability to accept the current situation we find ourselves in and cope effectively. See the situation as it is – including the thoughts, feelings and body sensations that come with it – and acknowledge its emotional impact on us. Recognise the reality of a situation in a factual way; it is only for now, it is not forever; notice any feelings that show up without trying to push them away, acknowledging that is normal to feel sad when your desires are not met; and find some small way you can help yourself." (Dr Mary Grogan)

ORA Café &
Design Gallery
23 Allen St, Wgtn

Their in-house café offers a totally gluten and wheat free menu.

If you wish to unsubscribe from these newsletters, please email back with 'unsubscribe' in the subject line.