



2009 • January • Business Edition

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life**PHILOSOPHY**
imagine you

Combining coaching and kinesiology
is our specialty

our passion
professionals and corporate leaders

the stress of NOT KNOWING

It is truly a time of embracing change as we enter 2009 and reflect on the *good-and-bads* of last year.

Not knowing the future, projecting from 2008, creates all sorts of internal feelings and thoughts. We consider the fuel price, BPI, inflation, interest rate, markets with little hope for improvement.

We hope for the best... or ... we take responsibility for our global contribution to the momentum of in our apparent arrogant thinking pattern that we create our own reality.

WHAT DO WE REALLY KNOW?

At this tipping point we experience FEAR or seek OPPORTUNITY.

In the case of stress notice your reaction to the answer of this question:

"How much control do you have over what is happening now?"

Do you feel stuck, unable to move forward or fearful of surviving financially?

You might display physical symptoms in your skeletal and muscular systems in terms of becoming aware of sensations in your legs, pelvis, kidneys and back. Or specifically lower back and bladder, or alternatively your adrenals, liver, and stomach issues. In some cases you might even compensate with addictions and cravings, eating disorders, drugs or a need to control others.

The alternative to combat stress on different levels is supporting new year's resolutions in the following way...

YOUR BODY

Creating an upright posture that holds your spine firm and heads upright.

WORK ENVIRONMENT

Surround yourself with pictures, flowers, sounds and distracting items to inspire you to be present in the moment (where fear can not exist).

YOUR FEELINGS

Acknowledge feelings of inadequacy for coping with what you can not control, and move beyond it with a positive attitude of trust in self to find a positive solution to challenges.

YOUR THOUGHTS

Become aware of your own thoughts and identify, indulge or entertain a positive outcome. Improve self-esteem with taking responsibility for your personal contribution to our global problems.

YOUR INNER BEING

Connect to an inner power that has no need to control others in believing that the solution was created at the same time that the problem presented itself.

Contact the mind•body coach at 083-679-2000 or agreen@global.co.za today for coaching, balancing or team support for stress.



email VOUCHERS

Have you ever wondered what to give someone you care about, that has everything, and you really want them to be satisfied.

Consider a voucher for our signature session that combines coaching with a body balance.

In the spirit of Valentine's Day we are offering 1h30 sessions at R500 at our Linden offices featured here. (Valid until February 14th 2009).

If you aim to please, but not sure about what it is, read about what our satisfied customers had to say at

www.lifephilosophy.co.za

Just reply to this email and I will send you banking and appointment details for confirmation of this special offer.



what's NEW

BIO –ENERGETIC COLOUR THERAPY?



A new technology that educates the business person about energy fields is now available at **life PHILOSOPHY** to explore and profile your human energy field in colours.

This is a wonderful entertaining way of discovering so much about the many facets of who you really are. If you have always been interested in your personality development or even just heard of human energy fields, you will find this fascinating.

The technology I am talking about is video interactive hardware and software connected to a personal computer that allows you to touch a sensor that measures your calibration to identify the personal colours that surrounds you.

This reveals information about your mind-body-spirit balance, stress levels, energy centres in the body relating directly to your physical ailments. Best of all is that you take away a 23 page document ABOUT YOU.

If you are interested in your personal profile, prepared to invest 20 minutes and R400, contact me at 083-679-2000 or 011-7883225 and leave a message. Also available for corporate wellness programs.

ABOUT ADELÉ: **coach, kinesiologist, artist, business owner, mother**

Adele is passionate about putting soul back into business. Her purpose is intervening with change processes supporting personal and company values to create harmony. She works as a kinesiologist-coach to educate corporate leaders/teams and professionals with scientific methods about successful performance with personal fulfillment. Inspired by mind-body sciences she explores embracing personal power and reducing stresses in mental, emotional, physical and energetic human systems. Her background before she followed her true passion was high level trading and negotiating in fashion and fast moving consumer goods for the retail corporate industry. Adele is an accredited associate certified meta-coach, neuro-linguistic practitioner, holds a diploma in integrating healing and public relations, and studied various business courses.



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