

December 2006 Volume 62



COACHING FOR RESULTS

Christmas –Stress Time???

The festive season can be a stressful time for many different reasons. First, of course, there is the cost. According to a survey (November 2004), 37% of respondents cited the cost of Christmas as being its most stressful aspect, with 33% saying they felt under pressure to buy expensive gifts for their children and/or partner, and 73% expecting to take 6-12 months to clear their Christmas debts.

Then there's the constant drain on our bodies created by the party season. December can become an 'endurance test', where one office party or social gathering follows another in an endless cycle of late nights and subsequent recoveries.

The festivities can be difficult for those who are single, married, lonely, sick or bereaved, but also for those who are ostensibly happy. They remind us of the passing of another year - the relentless marching of the seasons of our lives. Even if we have a partner we can be lonely or unhappy, and these feelings become magnified - putting pressure on already rocky relationships. Many can start to break up either during or immediately after the holidays - hence the dramatic increase in calls to help lines at this time of the year.

Then there are the celebrations themselves. We remember when we were small and awoke excitedly to see what presents we'd been left at the end of the bed. And this act of looking back to times of carefree innocence cannot help but be compared to how different our complicated life is now - with its often frantic and sometimes pointless activity.

I believe that Christmas past with its memories; Christmas present with its hopes, and Christmas future with its dreams yet to be realised, are to be seen perhaps a little more gently. We should not be too harsh with ourselves and with our hopes and dreams - some of which have been lost, or not yet realized.

The secret of surviving the festive season is knowing that we are all vulnerable, we all have disappointments, *and it really is true* that there are many who *are less fortunate than ourselves*.

These perspectives are important, because they bring back order to the mind. Order and understanding keep us mentally on a more even keel, ready and able to ride with the waves rather than sailing into them. Christmas is, after all, a time for celebration.

Top 12 Festive stress tips

1. Plan the festive season well in advance - especially the cooking.
2. Try not to leave everything (especially your Christmas cards) to the last moment. Christmas should be fun - not a trial.
3. Make a list of gifts you want to buy, and get the satisfaction of ticking them off as you go. Be sensible with your presents and don't get carried away.
4. Wrap the presents as you buy them, rather than leaving them all until Christmas Eve.
5. If you hate all the bustle and queuing (like me), try shopping out of hours when shops are open late or even 24 hours. Focus on the pleasure your gifts will bring, rather than the hassle of buying them.
6. Make some time for yourself over Christmas. Read a book you've been meaning to read, or phone a friend you haven't spoken to for a long time.
7. Spend some quiet time alone, switch off from the festive atmosphere and thinking about yourself.
8. At least once a day, think about all the good things in your life, instead of the 'challenges'. Hold that thought for the day and you may even catch yourself smiling!
9. If you're feeling lonely, make a phone call to a friend or even someone you don't know (such as the Samaritans who are on call 24 hours a day).
10. With the pressures of our materialistic society, remember that the best things in life are free. The scent of summer on a December morning ... a walk in the park as the light goes ...
11. Cherish the time for reconnecting with your family.

12. Don't worry that everyone else is having a better time than you are. Remember the reason for the season!

Blessings to you and your family

John Lockwood

2007 - THE YEAR OF JUBILEE

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Summer



2007

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Credibility, integrity, energy.... that's Lisa McInnes-Smith! Along her incredible life journey, Lisa McInnes-Smith has achieved a goal to inspire one million young Aussies, authored seven best selling books, spoken to well over one million people in twenty countries, and is the only resident of the southern hemisphere to be inducted into the international Speaker Hall of Fame. She's an ordinary Aussie girl with an extraordinary gift to communicate, encourage and inspire.

This dynamic workshop with Lisa McInnes-Smith will help set the direction for our fantastic Summer breyk-throo day but will also bring fresh insight into the simple steps you can take to bring focus and clarity to your work and your life. Lisa will show you how to:

- Multiply your effectiveness in your professional and personal life and release the talents of those around you.
- Make magic in every moment, and make those moments really count.

- Seize every opportunity to build relationship – because nobody succeeds alone.
- Build a sense of adventure and excitement about your future.
- Achieve success through knowing what you want and embracing what you have.

Gary Schuller is an authority on selling and has shared the stage with greats like Allan Pease, Paul Dunn and Dr Mark Victor Hansen to name a few. His simple yet powerful message has inspired thousands all over the world. One of Gary's first audio programs entitled "What do I have to do to win your business?" is still considered a Masterpiece, some 20 years after making it. Why?

As Gary says "If that is the only question you ask in business, you can double your sales and income". Your product or service is simply a vehicle that is there to serve you and get you to where you are going.





John Lockwood began his business career as a junior employee of Blackburn & Lockwood Real Estate at age 25 in 1974. The company policy at this stage was that you rose through the ranks by your own endeavours, and John gradually rose to become a salesman, manager, director and eventually Managing Director. In 1992, John sold his interests in Blackburn & Lockwood, resigned as M.D. etc, in order to set up his own training organisation, called initially The Lockwood Academy, and now "Coaching For Results Ltd"

He is recognised as a master in:

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INVESTMENT *\$70 instead of \$370 if you register online!*

Your investment of only \$70 secures:

- ~ A seat for Summer breyk-throo 2007 featuring 3 World Class speakers.
- ~ A ticket to our March 14th Breakfast and Closed Door at the prestigious Crown Towers, Melbourne. [Information>>](#)
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