

From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 10
31 October 2006

ABN 77 357 710 454

Brisbane Queensland, Australia
P: 61 7 3863 0688 M: 0402 208 577
W: <http://www.michaelascherr.com>
E: enquiries@michaelascherr.com

Content	Page
Welcome	1
How to Cope with Difficult People	2
An Interesting thing about communication...	4
Psychometry Readings	4
Self Help Tool Gallery	5
Upgrade your Certificate IV in Assessment And Workplace Training	5

"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others."

Anthony Robbins (b.1960-) American
Performance coach, motivational speaker &
bestselling author

Welcome to Issue 10 of From My Desk!

Greetings and Welcome to you all!

October was a pretty exciting month for me and maybe it was for you too! Mine included a flying trip to the Outback, spending time on the Gold Coast, organising another website, and working at The Living Now Expo in Brisbane for Absolute Soul Secrets.

Working for Absolute Soul Secrets was such a great experience! I met so many wonderful souls at this event and also forged new friendships with like-minded individuals! For more information on Absolute Soul Secrets see <http://www.absolutesoulsecrets.com> and to see a few happy snaps of the event go to the dropdown menu 'Shows'.

Earlier in October exercising in this household began in earnest starting with power walking most evenings as well as 10 pin bowling. The reason for this is simple; my body was screaming at me to move my body and get fit. Working from a home office does have a downside which is: there is no need to walk anywhere except to open the front door to clients and/or to the kettle/refrigerator!

Now the family not only has the opportunity to become fit and healthy together for at least an hour each day, we also get to spend quality time together. Since we've started my energy level has gone up, my head is clearer, I've met lots of lovely people, and I feel so much happier (until I have another computer/internet problem but that's another story...). Becoming more active has made quite a difference to my body, mind, and soul.

Finally, my latest project, a website to promote my Quick Click! Internet Tips! e-book, is finally going to eventuate. The website called www.quickclickintertips.com will be uploaded (keeping fingers crossed) within the next six weeks. I'm excited!

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com

To unsubscribe email enquiries@michaelascherr.com with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.

From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 10
31 October 2006

As always I hope you enjoy this month's issue of From My Desk. Until next month, may you have many wonderful moments!

Michaela

How to Cope with Difficult People

By Saleem Rana

They are out there. They may either be your boss, college professor, business partner, landlord, or even your own spouse, children, siblings, or parents. Anyone can be a difficult person to someone else.

You may not admit it -- but at one time or another; all of us have been difficult people to other people.

It is vital to see if you are in a situation with a difficult person or if you yourself are beginning to be one. The first solution to any problem is recognizing the problem.

Most times, difficult people do not realize they are difficult. They don't see that they are demanding too much from other people. They think their attitude is just normal. Likewise, some of their victims may not see that they are dealing with difficult people.

It's vital that at this early point, we grasp the fact that avoiding difficult people does not solve the problem in question. As earlier mentioned, these people are everywhere. There is no privacy they cannot invade.

Ironically, the more successful you get the more difficult people you have to meet and cope with. Coping with difficult people might even be considered an essential skill to getting and staying successful in your life.

If you enjoy sailing in the sea you have to get used to its moods. The key is not to stay out of it but to learn to sail smoothly through thick and thin. Likewise, it is learning how to deal with a difficult person that gives you smooth sailing amid a storm.

Once you master this, difficult people will start liking you.

So what makes a difficult person difficult?

Everyone out there is fighting a life battle of some kind. The battles may be fierce or mild. Different people have different stress tolerance. When people reach a state of high confusion and overwhelm, they become difficult. They, then, unconsciously project their frustration on you.

As a psychologist, my business is actually in dealing with difficult people, trying to make them less difficult. Once people become aware of their own inner pain, they begin to see how they bludgeon others with it, often unconsciously. Their lives are falling apart because they are critical, judgmental, and hostile to themselves and other people. Everything I do in a session is designed for only one purpose: to make them self-aware.

Given this opportunity to see other people more deeply, I have found the best way to stay objective enough to help them is to follow the advice of Don Miguel Ruiz, a brilliant philosopher. He said that everyone is living in their own dream, their own version of reality. You have to understand that everything they are saying about you is only a projection from that state of unawareness. In fact, they do not see you at all, only their interpretation of what someone like you means to them. Thus, he advised--do not take things personally.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com

To unsubscribe email enquiries@michaelascherr.com with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.

From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 10
31 October 2006

If you base your values and your meanings on someone else's point of view, you have merely traded in your own uniqueness and become imprisoned in their dream. You are letting them define you. No one can truly understand you...for they do not know you well enough to do it.

Once you really get this perspective, you can allow yourself the freedom to see them as they are--i.e. upset about something that has nothing to do with you but over something that is bothering them. They are experiencing something about you that does not even exist in your reality.

Often, too, they do not even use the same words in the same way you do. Let me give you a simple example of the often invisible linguistic barrier that arises between people. Yesterday, I was having a discussion with someone about "consciousness." She argued that it had no value for her. This was puzzling to me...because what I was witnessing was a being that was animated because of consciousness. After some investigation, I finally understood that she had narrowed the word down to mean "figuring things out." Thus, while I was defining the word as "sentience, life-force, and awareness," she was defining it as "limited, circuitous thinking."

Thus, even when two people are discussing what appears to be the same topic, they are actually talking about two completely different things. Each in their own minds are convinced that they are correct — because each is viewing something that is perfectly aligned with their own precepts and own vision.

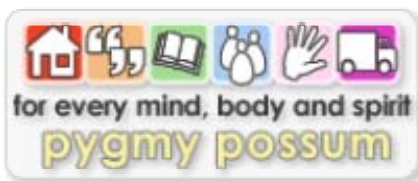
The best way to cope with difficult people is to not take what they have to say personally. If this does not make sense to you, consider the following.

Difficult people are difficult because:

- a) They project their inner pain on you; and you just happen to be at the wrong place at the wrong time.
- b) They do not even experience you as you are; but only interpret you a certain way because of their limited experience of you.
- c) They do not even see you as you are; but are only caught up in a dream state of what someone like you stirs up in them.
- d) They do not even hear the words you say; but are only interpreting the meaning of your words according to their own hidden definition.

Thus, when you really look at it deeply, it is not wise to take things personally. Once you remain free of getting stuck in their view of you, then you can intuitively understand how to cope with the situation.

Saleem Rana is a psychotherapist in Denver, Colorado. If you would like to learn how to finally stop difficult people from upsetting you and ruining your life, then you can get more information at <http://theempowered soul.com>
Article Source: http://EzineArticles.com/?expert=Saleem_Rana



Pygmy Possum - for every mind, body, and spirit. Visit us to find practitioners, courses, events, rooms for rent, articles and hand-made Australian new age products and gifts at <http://www.pygmypossum.com.au>.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com

To unsubscribe email enquiries@michaelascherr.com with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.

From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 10
31 October 2006

An interesting thing about Communication...

I remember years ago sitting in our car with Said Spouse at the wheel, stopped at a T intersection. Said Spouse turned to me and said "Where to now?" At that precise moment something to my left caught my attention. As I looked to my left I pointed to the right and said "Turn right." Pretty clear instructions, or so I thought.

What do you think happened next? Well, he turned left. I turned to him a bit bewildered and asked him why we were going in the wrong direction as I had pointed to the right and also said to turn right. His reply was because I was looking left it meant turn left. Communication at its finest...

Once upon a time whilst I was interviewing a job applicant, a staff member entered the room unannounced, looking for missing paperwork. Fuming at the intrusion I angrily turned the pages of the applicant's CV waiting for the staff member to leave.

To cut a long story short, the applicant later told me because I was angrily flicking the pages of the CV they assumed I didn't like them! This was the furthest thing from my mind - the applicant's credentials were excellent and totally suitable for the position!



"The fascinating thing is that the human animal is rarely aware that its postures, movements, and gestures can tell one story while its voice may be telling another"

Allan Pease, Australian born Speaker, author, and communications expert

Something to consider is that in our minds we know what we mean but do others? The above examples highlight to me how easily our messages can be misconstrued and how we could possibly misinterpret what someone else is trying to communicate.

An interesting article called "What's Empathy got to do with it?" written by Bruna Martinuzzi, an emotional intelligence trainer, coach, President and Founder of Clarion Enterprises Ltd Canada, states the following:

"Practice the 93% rule. We know from a famous study by Professor Emeriti, Albert Mehrabian of UCLA, that words - the things we say - account for only 7% of the total message that people receive. The other 93% of the message that we communicate when we speak is contained in our tone of voice and body language. It's important, then, to spend some time to understand how we come across when we communicate with others. A simple thing like frowning or a raised eyebrow when someone is explaining their point of view can disconnect us from the speaker and make us appear as though we lack understanding."

Makes sense does it not?

Psychometry Readings

Jewellery or a personal object provided by the client can yield considerable information regarding individuals, places, events (including past lives) and their past (current), present, or even future.



Discover what story your jewellery or other personal object has to reveal by having a psychometry session with Michaela. For more information or a booking please call 07 3863 0688 or email enquiries@michaelascherr.com

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com

To unsubscribe email enquiries@michaelascherr.com with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.

From My Desk

By Michaela Scherr



ISSN 1832-9888

Vol 3, Issue 10
31 October 2006

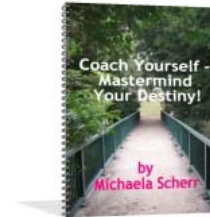
Self Help Tool Gallery



*AU\$24.95



*AU\$24.95



*AU\$19.95



*AU\$19.95

*All prices are GST inclusive.

For more information on purchase details visit the e-book section at <http://www.michaelascherr.com>

Do you have a Certificate IV in Assessment and Workplace Training? Is it the recently replaced BSZ40198 and you would like to upgrade to the new TAA40104 Certificate IV for just \$500?

You may have seen many advertisements offering upgrade training, however if you have current training and assessment experience you could get full RPL/RCC from a highly skilled TAA40104 Trainer and Assessor on behalf of an RTO delivering in all States.

Contact David Scherr on 0412 788815, or e-mail dscherr@tpg.com.au. Alternately visit our website at www.dimitriou.id.au for further information.

Upgrade your
Certificate IV
in Assessment
& Workplace
Training

"A computer once beat me at chess, but it was no match for me at kick boxing"
Emo Philips (b.1956-) American actor, producer & comedian

Advertising
space for
sale

Text only advertising space is now at <http://www.michaelascherr.com>, and within the From My Desk, newsletter. Please note: advertising space is currently limited to four only and conditions apply.

For information on advertising rates and special conditions email enquiries@michaelascherr.com

Disclaimer: The information and opinions expressed by the authors of articles other than by Michaela Scherr contained in the *From My Desk* newsletter does not necessarily represent those of Michaela Scherr.

©Copyright 2006 Michaela Scherr – From My Desk is Karma protected

Michaela's articles may be reproduced as long as they remain intact, she is acknowledged, you include a link to <http://www.michaelascherr.com> and send a copy of your reprint to enquiries@michaelascherr.com

To unsubscribe email enquiries@michaelascherr.com with 'unsubscribe' in the subject field from the email address you'd like to unsubscribe from.