

From My Desk

By
Michaela Scherr



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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

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"Ideals are like stars: you will not succeed in touching them with your hands, but like the seafaring man on the ocean desert of waters, you choose them as your guides, and following them, you reach your destiny."

*Carl Shurz
(1829-1906) US (German born) general &
politician*

Expert author with <http://www.free-articles-zone.com/>

Welcome to Issue 4 of From My Desk!

Greetings and welcome to you all.

It's been a fabulous month with new friendships made and the strengthening of the old. I recently spent three wonderful days working at the Body and Soul Expo Southbank, Brisbane, forging many new friendships and working with some amazing people!

I continue to learn new technology on a daily basis. Several afternoon's ago my webmaster dropped by to help familiarise me with my new website. Five hours later and a blank stare on my face it ended. That night I woke on the hour every hour to the words 'attribute? What's an attribute? How do I set one of those up? ... to be continued...

Completing my e-book on websites and the world of the web continues, and has been an interesting journey. "Are we there yet?" Yes, nearly...

For many the thought of having to attend a meeting or interview for the first time can increase the heart rate and bring out the need for smelling salts. In this issue I've included an article on how to practise for a meeting. You can substitute this process for any situation that's new to you. You'll also find a great article on Happiness by Steve Mitten, Master Certified Life Coach.

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Now for some web news. A few days ago whilst visiting <http://www.freepatentsonline.com>, I discovered some unusual patents. First there was a patent for a light bulb changer - sounded pretty good until I read it comes in kit form and requires you to assemble it first. Another was a patent for a "Religious Meditation Apparatus" (got my attention straight away). Turns out it's a bird feeder in the shape of a church so you can pray *and* watch birds at the same time... Hmmmm, moving right along now...

End of May will see me at a three day Basic DNA seminar in Brisbane, learning even more about DNA, brainwaves, belief systems and activate my youth and vitality DNA (very interested in this one). If you'd like more information on this interesting program please let me know and I'll send you more details.

Thank you to everyone who responded to my last email regarding continuing subscription. Your response has made it infinitely easier for me to update my database.

Until next month, may abundance of all that is good and wonderful find you wherever you are!

Michaela

Perfect Practise makes Perfect

"Peak performers develop powerful mental images of the behaviour that will lead to the desired results. They see in their mind's eye the result they want, and the actions leading to it."

Charles A. Garfield PhD, US author of acclaimed *Peak Performance* trilogy

What if tomorrow you had a very important meeting with people you've never met before? Maybe it's an interview for a job you really want; maybe you're selling a product you've created; or any event you're not prepared for.

A few practical tips that are worth revisiting are:

- ◆ Be prepared and know **exactly** what it is you want from this meeting;
- ◆ Thoroughly research the company you're going to be dealing with;
- ◆ Choose an outfit appropriate for the meeting - if unsure ask your friends (asking your mother may cause greater anxiety than you first started with);
- ◆ Know **exactly** where and when the meeting will be and who will be there;
- ◆ Meditate before you leave for your meeting - it's important to be in a centred and calm frame of mind; and
- ◆ Arrive with plenty of time to spare.



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Something which has helped me be prepared for just about anything is practising an imaginery meeting and watching myself interacting with others starting from the moment when I arrive in Reception. I run through this imaginery meeting until the end when I say my farewell. By doing so, not only do I become familiar with the meeting, it also gives me greater confidence and awareness as well as a successful result.

If you've never considered rehearsing before before maybe this is worthy of consideration.

You can start this step by step process by first:

- ◆ Writing down at least 10 possible questions that may be asked of you. Answer each question in detail, adding any variations that come to mind.
- ◆ Take a few deep breaths to become centred, balanced and present in the 'now'.

Putting aside for now your end result, practice using your five senses (hear, taste, see, smell, feel) and your mind's eye to imagine in full detail how this meeting will unfold, starting from the very beginning. Imagine and experience this meeting fully and in the present tense, in other words, be there now.

Experience and imagine:

- ◆ How relaxed and confident you are;
- ◆ What you're wearing;
- ◆ Your arrival at the nominated venue, and being greeted at Reception;
- ◆ What you are taking into the meeting with you (clipboard, briefcase, etc);
- ◆ The venue setting;
- ◆ You greeting the other person, the tone of your voice and theirs (is it strong and confident?);
- ◆ Sitting in your seat;
- ◆ Where the other person will be sitting;
- ◆ How you sit and they sit; how you hold your body, where you place your bag, briefcase or other item;
- ◆ Notice your facial features and theirs, what are you both conveying?;
- ◆ Notice also rapport building between you, notice any smiling and hear the sound of laughter;
- ◆ See and hear yourself responding to their questions in full detail; and
- ◆ the smell of the room, perfume, street smells, and the taste in your mouth.
- ◆ At the close of the meeting observe your farewell, what you say, how you say it, your facial features and body movements.

Rerun the meeting differently several times and include different verbal exchanges, further tweak what needs tweaking. It's not about perfecting one scene over and over, it's about providing a combination of possibilities that will help you to be even more prepared.

For example, visualise the other person looking perplexed by what you're saying, now communicate differently and notice what happens. See and hear this exchange in full detail. Rerun as often as you need to until you get the result you want.

For added measure, you could also rehearse your meeting by placing two chairs at a table for yourself and the other person. Sit down in one of the chairs and imagine you're speaking to the person sitting opposite. Become aware of how you sit, your breathing rate, clarity of voice and rapport.

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When you've finished speaking, move into second position (the other seat) and communicate what you believe that person will say, how they'll respond, what you anticipate their body movements to be and volume, speed and tone of voice.

As a final practice technique dress for success and speak to your reflection in a mirror. Practice various verbal exchanges with the other person. Watch and notice your facial expressions, body movements including breathing rate as well as using different postures, expressions and questions and answers. Have fun and tweak what needs tweaking...

With some practical self coaching and mental rehearsal life can become that much more, easier, comfortable and provide greater confidence, awareness and successful results.

"You will never be happier than you expect. To change your happiness, change your expectation."
Bette Davis (1908-1989) US actress

Intuitive Readings

Need answers to questions you have? Welcome greater clarity and self awareness into your life and open the door to new possibilities, greater success, and a new way forward through an intuitive reading.

As an intuitive I connect with you at the soul level to receive insights and messages. What is revealed may include past life issues, future possibilities in accordance with your current mindset, as well as become aware of personal obstacles and patterns.

All sessions are confidential, enlightening, and empowering.

For an appointment with Michaela, an email reading or more information call 07 3863 0688 or email enquiries@michaelascherr.com



Did you know?

Salt, an important mineral, is known as the King of Spices and according to some writings, known as the Spice of Life. In ancient times salt was used to clean and clear the home of negative energies as well as invoke blessings. After cleaning the home salt would be sprinkled in each room particularly in corners for protection. For some, the practise of using salt as protection against negative energies continues to this day.

Advertising space for sale

Do you have something newsworthy you'd like to share with readers of *From My Desk* or for those who visit <http://www.michaelascherr.com>? Maybe you have a future event, a workshop, group meeting, or website launch you'd like to announce?

Text only advertising space is now for sale on my website <http://www.michaelascherr.com> and within *From My Desk* (advertising space is limited to four or five only and conditions apply).

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

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Happiness

One of the ironies of our modern existence is that even though we in the developed world; we have unprecedented levels of material well-being, are living longer than ever before, have access to all the food we could ever eat, and have ridiculous amounts of technology to "make our life easier", collectively we are not appreciably happier than our predecessors.

For many, our modern lives generate such high levels of stress and anxiety that we are living joyless lives of struggle, distraction, and excessive consumption that does not fill our hunger.

Over the past 10 years, there has been an exceptional amount of research looking into the science of positive psychology. While books could be written about the different theories and findings, some of the most powerful work (Seligman, Diener, etc.) can be grasped and applied by tending to three key areas:

Pleasure

For higher levels of happiness, we need to know what brings us pleasure, and do those things that make us laugh, smile, and be content.

(Our society is pretty adept at this. Many of us focus an inordinate amount of time and money pursuing pleasure. Unfortunately, this is the least important of the three components. In other words, the pursuit of pleasure is necessary but not sufficient to bring us happiness.)

Engagement

To experience high levels of happiness, we need to be deeply engaged in our life. This includes our work, those things we do in our spare time, and especially our key relationships. (Studies are showing us to be far more social creatures than we previously thought. As modern life precludes us from spending time with our friends and family, we suffer.)

Meaning

Significantly higher levels of happiness are experienced when we apply our personal strengths to a higher goal. (This is what we typically experience when we begin to get over self-absorption and contribute to "helping others" or work in service of a "greater good" or a "higher cause")

When I was a young boy, my grandmother used to tell me to "be kind" and "count your blessings". She had overcome the loss of her husband at a very young age, and managed to single-handedly raise five children through the depression and Second World War. She was subsequently pre-deceased by all her friends and several of her children. Nevertheless, her kindness and attention to others allowed her to keep healthy, active, happy, and deeply loved for 96 years.

It seems Granny had figured it out long before the Social Psychologists. Everyday she would practice service to others, kindness and gratitude. The very things that science is now proving contribute the most to our inner happiness.

"All animals
except man, know
that the principle
business of life is
to enjoy it."

Samuel Butler, *The
Way of All Flesh*,
1903

Steve Mitten CPCS, MCC, 2005 International Coach Federation President, author of Marketing Essentials for Coaches and Web Optimization for the Technically Timid, has helped thousands of independent professionals find their most authentic route to commercial success. <http://www.acoach4u.com>. Article Source: <http://www.articlealley.com>

Slogan on t-shirt: If I'm Talking, You Should Be Taking Notes.

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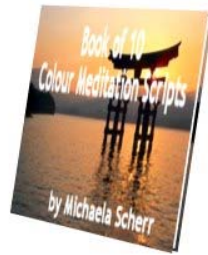
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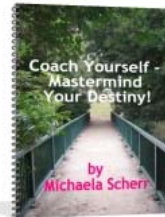
Self Help Tool Gallery



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