

Be Inspired!

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Email: marcia@thelifebureau.co.uk

Website: www.thelifebureau.co.uk

Tel: 020 7978 8375



Hi everyone, welcome to another edition of Be Inspired!

I can't believe it's 23rd November already - where has the month gone!? I had almost resigned myself to the fact that this newsletter wasn't going to get done this month, however, yesterday, I decided to make the most of an hour I had spare to see how much I could get done and before I knew it, it was nearly finished. Read more about how you can make the most of your time by seizing the day later on in this issue.

Last month I spent a wonderful 10 days, in Florida, doing my Neuro Linguistic Programming (NLP) Practitioner training. It was a really inspiring course and I met some wonderful people. It did, of course, help that we were overlooking the calm ocean and waking up to lovely sunshine and seeing beautiful sunsets every day... Despite the distractions of nature, there was a huge amount of learning and insight into how the way we think and process information impacts upon the results we get in life - be that in our interactions in business, in relationships and with ourselves.

Thank you to everyone who attended our *Discover a New You* workshop on 10th November at Green & Blue. We had an enjoyable morning and it was great to meet up with those that came and to share experiences, insights and to set some positive goals. Some of the feedback was: *'Insightful and helpful'* and *'I really enjoyed it and feel as if I've really been pampered in mind and body. Great atmosphere - positive experience - good value for money. Thank you'*.

I hope to see you at the next one.

Until next time, read on, be inspired and above all - take action

Best wishes,

Marcia

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QUOTE OF THE MONTH

from a Latin poem by Horace

*Whether you'll see several more winters or whether the last one
Jupiter gives you is the one even now pelting the rocks on the shore
with the waves of the Tyrrhenian sea - be smart, drink your wine.*

Scale back your long hopes to a short period.

Even as we speak, envious time is running away from us.

Seize the day, trusting little in the future.

Do you have a favourite quote that you'd like to share?

Email your quote to marcia@thelifebureau.co.uk and it may be used in a future issue.

Carpe Diem! ...

...this translates from Latin to 'Seize the day'!

How we decide to interpret this phrase is up to us, but in a simple way it helps us to think about making the most of the opportunities we have, and those that come our way, for tomorrow is an unknown.

With that in mind how often are you seizing the day and making the most of the opportunities that come your way? Those opportunities may be about the time you choose to spend with those closest to you versus the time you spend at work. It may be about the opportunity to ask for help instead of trying to do it all by yourself. It may be about attempting the task you've been putting off, that's been hanging over you which needs to be done. It may be about taking a risk and investing in something that's not a sure bet.

'...how often are you seizing the day...?'

Are you seizing the day or do you feel that opportunities are sometimes passing you by?

Take action. Don't let life pass you by.

Make the most of each day, each moment, each hour and each minute.

Spend the next 7 days focusing on opportunities to seize the day. Open your eyes and seek opportunities to do that something you've been meaning to do, the opportunity to call a friend that you haven't spoken to for ages, the opportunity to do what you want to do, the opportunity to make the most of the time you have.

Here's to life not passing us by!

Got some time, or are you running out of it?

See below for opportunities to suit whichever camp you're in:

If you've got some time on your hand this weekend, take some time out to visit **The Yoga Show** taking place at Olympia on 24th and 25th November <http://theyogashow.co.uk/index.asp>. For those of you who were at the Discover A New You Workshop, Patricia from Yoga Siromani, who taught us some great relaxing and energising techniques will be there, so do go and say hello if you decide to attend.

If you're short of time and feel that you have 101 things to do before Christmas **The Life Boutique** are running a **prize draw to win the support of a lifestyle PA for a day**. To enter email info@thelifeboutique with a list of the top 3 things you need some help with in organising your life by 30th November. For more information as to how they could help you to find more hours in the day visit: <http://www.lifeboutique.co.uk/>

ACTION STATION

- Carpe Diem!
- If you're not getting the results you want in life - contact me for a complimentary coaching session to find out how you can turn things around.
- Need more time in your day? Enter The Life Boutique's prize draw to win a lifestyle PA for the day.

For more information contact:

The Life Bureau Ltd

Telephone:
020 7978 8375

Mobile:
07940 544290

E-mail:
info@thelifebureau.co.uk

Website:
www.thelifebureau.co.uk

About The Life Bureau

Marcia Cave helps clients to identify their goals and to take action to achieve results and more fulfilment in their personal and work lives. She is a qualified personal life and business coach and Director of The Life Bureau; a coaching and HR consultancy company.

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