

Be Inspired!

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Hi everyone, welcome to this month's edition of Be Inspired!

You may have noticed that we didn't have an issue in September - not because I wasn't feeling inspired, but because I was busy working on a few projects. However, I am now proud to announce that I have a brand new website full of information and details of my services, including past issues of this newsletter. Please check it out at www.thelifebureau.co.uk and let me know what you think.

I've been spending the last few weeks busy studying and preparing for a course that I'm attending this month, in Florida ☺, in Neuro-Linguistic Programming (NLP). NLP is the art of looking at the way we process information and use language and our senses, to determine the outcomes we get. It's about creating accelerated change to create the behaviour we want in ourselves and others. I look forward to using my new-found skills to help my clients to change unwanted behaviour, get rid of beliefs that hold you back, improve your relationships and even overcome phobias! I'm really looking forward to it and will let you know how I get on next month.

I'm also proud to announce that I've teamed up with Joanna Puczkowski from Horizons Regained to run a very exciting workshop called *Discover a New You* on 10th November. Click on the link for more details: <http://www.thelifebureau.co.uk/events.html>

So, lots going on and lots to be thankful for and as it's harvest time, perhaps take a moment to think about what and who you're thankful for in your life.

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

Best wishes,

Marcia

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.

QUOTE OF THE MONTH

*You are the person who has to decide.
Whether you'll do it or toss it aside;
You are the person who makes up your mind.
Whether you'll lead or will linger behind.
Whether you'll try for the goal that's afar.
Or just be contented to stay where you are.*

Edgar A. Guest

Letting Go...

I'm facing the trees and the plants on my balcony and the leaves have started to turn different shades of yellow, orange and brown as we step into autumn. The leaves will eventually fall away, leaving the trees prepared for the colder conditions and ready for new growth in the spring. This got me thinking - what do we need to let go of?

People, like trees, need to release themselves of the things that no longer serve them at this moment in time. This could be anything from clutter, relationships, the feeling of guilt or obligation, bad habits or past hurts.

'What are you willing to lose?'

Are there things in your life that you are holding on to that no longer serve you?

What are you willing to lose? Are you surrounded by people, things and feelings that add something positive to your life? Or are there some things that you are holding onto, be that emotionally or physically, that you might be better off without?

What would it be like to be free of these things? What would it mean? More space? More time? More energy? Less stress? Less anxiety? Less negativity?

Letting go has to be a conscious choice and a choice that you are willing to make. What is it time for you to let go this season? Give yourself permission to keep the things that enhance your life and let go of things that don't.

If you would like some help in 'letting go', contact me for your complimentary 30-minute telephone coaching session to explore how coaching could make a difference and help you to change your life at <http://www.thelifebureau.co.uk/contactus.html> or call Marcia on **020 7978 8375**.

Discover A New You Workshop

If you'd like to enjoy a fabulous morning with other like-minded women to discover how you can be empowered to achieve all the things you want and to be the confident person you deserve to be join us for an inspiring workshop taking place on **Saturday 10th November 2007** in London.

Includes coaching, a motivation talk, advice from a yoga expert and Virgin Vie, plus lunch.

For more details and to reserve your place click on the link below
<http://www.thelifebureau.co.uk/events.html>

ACTION STATION

- Take a moment to think about and appreciate what are you thankful for?
- What are you holding on to that you might be better off without? Identify one thing that you are willing to let go of today and give yourself permission to do it.
- Want to Discover a New You. Take a look at the details of our coaching workshop and book your place.

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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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