

## This August 2010 Good News letter is packed with the following goodies...

- **Wisdom unearthed** – What do travel and body and self discovery have to do with each other?
- **Cross pollination - Radio Planet FM 104.6 Tuesday 10 Aug at 7.20pm** - listen in to the Joyologist and myself
- **Tina Turner rocked with me and the ladies in Tairua**
- **New BE someBODY SUCCESSFUL blog** <http://janellefletcher.blogspot.com/>
- **Tips for dealing with the rose thorns** – Give the whole truth and nothing but the truth
- **Unleash Your Brilliance fashion show with Jenny Walker**
- **Cruise you can't miss!** - Who wants to be onboard a cruise to the World Cup 2011 from Oz to NZ?
- **Email coming soon with a New York marathon update and how you can help from the comfort of your armchair!**

## Wisdom Unearthed

How many people are suffering from health concerns or lack of confidence in their bodies because they have not travelled the highway of self discovery and body discovery?

When you go travelling, it would be crazy to choose and book a flight to a destination before doing some research on the place – where to go, what to do, when to travel and what the local hot spots are. Yet you may be travelling around in that body of yours without being familiar with it and without having done much research on it. When you discover your body and yourself more, your journey of life, health, relationships, sex, intimacy, body image, self esteem... can look very different!

Download my free article on “Self Discovery – travelling to greater depths and widths on a two way highway” by clicking here. <http://www.janellefletcher.com/content/Free-Resources/29.aspx>

## Cross pollination – Planet Radio FM 104.6 - Joy in the Moment - with Pat Armitstead and myself

Listen in on Tuesday 10 August to the Joyologist Pat Armitstead and myself on Planet FM 104.6 at 7.20pm. Or you can download the show from [www.planetaudio.org.nz/radioimprov](http://www.planetaudio.org.nz/radioimprov) The show goes for 45 mins and each week Pat has a special guest to share their wisdom, discuss the value of the week and go with the flow (improvisation). I will contribute with a quote of the week – to inspire and perhaps challenge you, I am hoping run you through a powerful body gratitude meditation / reflection and contribute to what will no doubt be some fun and inspiring discussion with other key guests. Join us.

## Tina Turner rocked with me and the ladies in Tairua

**Shake your tail feather** was the theme of my talk on 31 July in Tairua. We started out dancing to Tina Turner – shaking our little butts and shining like tall poppies in our confidence, rather than hiding in our insignificance. Not one lady stayed seated! .

I shared my version of the Ugly Duckling story – Was she a duckling or was she really a swan, or a duckling trying to be a swan? I also talked about the Grief Recycle. You may have heard about the grief cycle, but what about this “recycle” bit? And what are the LOVE principles that help you address your confidence, success and health from the inside out rather than band-aiding it from the outside in? Ask the Tairua ladies – as they got a taste of them.

To get a weekly take on the Love principles for yourself, join up with my online learning community and receive a new resource each week to snuggle up in bed with and to get you moving forward more positively! <http://www.janellefletcher.com/itemdetails/52-Week-Membership/345.aspx>

If you have a group who would love me as a guest speaker, contact me on [janelle@janellefletcher.com](mailto:janelle@janellefletcher.com) I would love to come to your gym, clinic, workplace, hospital, support group, business circle, weight management clinic, church....

A huge thanks to Lisa Stevenson and her team of great gals down at Sea Escape. [www.seaescape.co.nz](http://www.seaescape.co.nz) This day spa is a slice of heaven and the great thing is, I've been invited back to give some women some one-on-one experience with me! Exciting stuff!

**BE someBODY SUCCESSFUL blog <http://janellefletcher.blogspot.com/> Embody your potential with body confidence and self confidence**

I would love you to start following my blog – focussed on stepping out with body confidence and self confidence - and add your contributions, opinions and thoughts. You make a difference!

**Tips for dealing with the rose thorns – Give the whole truth and nothing but the truth**

Often you may deny yourself of the most comprehensive care and attention you require to make some positive changes in your life by misleading, lying or giving little information. You may do this with your doctor, specialist, psychologist, counsellor, weight management consultant or other support people.

- Give whoever is supporting you a comprehensive and honest overview of your situation. Limiting what they get to hear definitely limits their responses or suggestions to you.
- Don't ever think something is silly, unimportant or unrelated. If something is on your mind, explore it as it will almost certainly have relevance and it may in fact be the key factor.
- Start noticing the patterns and multi-factors underlying your situation, rather than seeing your illness or present situation in isolation. Do some healing work with me and find out what your body is saying! It indeed tells the truth!

**Unleash Your Brilliance Fashion Show – 8<sup>th</sup> September in Auckland + LIVENET show**

Jenny Walker, fashion designer extraordinaire from Pt. Chevalier in Auckland, is creating a fashion show extravaganza called “Unleash Your Brilliance” – featuring her latest fashion designs and local creative talent. I am MC for the event so I would love to see you there. Details are at [www.ybe.co.nz](http://www.ybe.co.nz) Reserve your seat now with a suggested donation of \$30+ by calling Jenny on 09 845 2371 or emailing her at [jenny@ybe.co.nz](mailto:jenny@ybe.co.nz)

To make this very creative community event happen, Jenny is also seeking some sponsorship and support. Put your hand up NOW and give her a call. Great promotional and advertising possibilities for you and your business in return.

Jenny and I also did a live internet show the other day together featuring three of her garments including her famous tiki dress. Click here to view the show. <http://www.livenet.co.nz/2010/08/fashion-show-with-jenny-4810/> And keep your eyes and ears posted as I am looking at also creating my own show on livenet.co.nz. Watch this space!

**World Cup cruises – Oz to NZ - Do you (or your corporate group) want to be on the cruise-liner?**

**Adventure World (Sydney) is the official World Cup travel agency in Australia** who are bringing cruises over from Sydney to New Zealand for the World Cup quarter, semis and final. Who do you know who would love to experience such a cruise and be part of the events here? Get the benefits! A great cruise, holiday feel, pampers, indulgence and workshops onboard, rugby enthusiasts, nightlife, accommodation onboard sorted, “parked” right in the Viaduct when it arrives in Auckland...What else could you ask for?

Great for you personally, but how about your corporate group? **Contact Stuart Dickinson [stuart.dickinson@adventureworld.com.au](mailto:stuart.dickinson@adventureworld.com.au)** for details. Yes he may sound familiar - he is an international rugby referee. Great guy to be promoting these fantastic cruises!

PS I have put my hand up to be speaker onboard – this is a work in progress but I so see this happening! Plus Jenny and I are working on an event for the World Cup time and hoping to invite some of the passengers to it to get a taste of NZ music, culture, wine...not to mention me helping showcase some emerging leaders from Down Under. The excitement is building!

**Go well and grow well in the month of August. Janelle X**



*Growing potential & possibilities*

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All advice or information in this email and on [www.janellefletcher.com](http://www.janellefletcher.com) is intended in the best possible way, but no responsibility for it is accepted at all. Use your own personal discernment and good judgement, and seeking advice from your own professional advisors is also recommended.



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