

This June 2011 Good News letter is packed with the following goodies...

- **Wisdom unearthed – Grow up or grow back? Too hard basket or bucket list?**
- **Look who's coming to dinner – Pot luck lunch at my place Sunday 12 June at 12pm**
- **You still coaching? Yes I am!**
- **A fabulous article from moi to toi! Inner gifts all tied up with strings.**
- **Inside out Beauty evening at Contours – A word on compliments**
- **Cross Pollination – Beverley D'Anvers – International Clairvoyant**
- **Recommended reading for your growth – Simply Soul by Beverley D'Anvers**

Wisdom Unearthed - Grow up or grow back? Too hard basket or bucket list?

Instead of growing up, which so often has the connotation of life becoming serious, directing all focus into a job/career and often conformity into a mould of how to live life, why don't we "grow back" into who we really are - reigniting our youthful passions, dreams, playfulness and regard for ourselves and be happy being the unique individuals we are, rather than being perhaps the clones we have become?

In our recent Confidence Club gathering (next one beings Sunday 26th June!), we reconsidered our "too hard basket" and our "bucket list." The "too hard basket" typically shows us where we lack confidence and also the limitations we hold about our potential and life possibilities. The bucket list (we renamed it the potentiality bowl) takes us back to that childhood wonder, enthusiasm and openness to unlimited possibilities. Exciting stuff!

When we begin to grow back into who we are and make a commitment to curiosity over anxiety, possibility rather than limitations, fun over being overly-responsible, our world opens up. Our present Confidence Club members can vouch for that! It is never too late to reinvent yourself and what's possible. In fact it is ongoing growth and you choose the direction. Start writing your new bucket list and take at least one action this week towards that occurring.

Look who's coming to dinner – Pot luck lunch at my place Sunday 12 June at 12pm

Sunday 12 June is the last group gathering of my current Confidence Club. Following that we (the members and I) would love to share lunch with any of you who would love to connect with other great positive people. We would also love to share our "successes" and leaps and bounds of confidence with you!

This is not just for women! Men you are heartily invited and encouraged to join us. Bring something light to add to the lunch plus a drink if you would like one as yes, I'm sure we would love to partake in a Sunday wine!

Just let me know by Friday 10th June if you are coming so I can get the plates, cutlery and glasses we need.

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You still coaching? Yes I am!

A few people lately have been asking if I am still doing one-on-one coaching as they have seen me out speaking more and/or running the Confidence Club. Yes indeed I am still offering one-on-one coaching and it is exciting to also be coaching people out of Auckland. Phone/skype coaching is also working well because for you there is no transport, no waiting in traffic queues, no petrol costs, it is extremely time effective and if you're in another country, hey presto, it works very well. Many people are valuing from power sessions – 30 mins of fast, forward moving momentum, not to mention great accountability for being behind your word and therefore seeing RESULTS.

A fabulous article from moi to toi !

Here is a great article I have written called [Inner gifts – all tied up in strings](#)

Start taking off the strings that keep your inner gift(s) unopened! Do you want great content for your own newsletters and/or articles without even writing much? Feel free to use any of my articles or poetry. Simply ensure Janelle Fletcher - The Confidence Coach – www.janellefletcher.com are written there too.

Inside Out Beauty Evening at Contours Women’s Gym Greenlane - A word on compliments...

How many of you think people never value or appreciate you, yet you turn a blind eye or close an ear to any compliments you receive, you simply let them fly over your head or you bounce them off yourself and you return a similar one to the person who complimented you in the first place?

Start, not only hearing compliments, but start embodying them. By that I mean, hear them, think them, feel them, let them soak into your body and have them become part of you...Believe it or not, you have a choice to how appreciated you actually feel !

A couple of weeks ago Contours Gym in Greenlane had a great line-up of speakers including Nadia Lim (the latest MasterChef NZ), Dr Rosie Horrocks (anti-aging and menopause physician) and myself.

Compliments that I personally received from members of the audience included : "I feel different already." "Yes, I am definitely ringing you to join your Confidence Club." "It was like you knew me and my situation to a 'T'". "You ooze confidence and that's what I'm after." "You soooooo upped the energy of the night."

Thank you ladies for these compliments and secondly, it's easy to do what you love.

Cross Pollination – Beverley D’Anvers – International Clairvoyant (here in Auckland)

My lovely friend Beverley D’Anvers comes highly recommended by me if you are seeking spiritual guidance and direction. I have personally had readings from her (note my comment in the Recommended Reading section) and I have attended her numerology class. In the past I have also invited her to share her talents at a workshop I presented called Still Blossoming.

Beverley’s website is www.guidelinesnz.com If you ring Beverley before 20 June to book a reading with her (the reading itself can be before or after this date) you will be in the draw to win her book Simply Soul. (09) 478 2889 (021) 777340

Recommended Reading for your growth

Simply Soul – An insight into healing, personal growth and Wisdom by Beverley D’Anvers - International Clairvoyant

This book intertwines Bev’s personal journey and that of many of her clients who have grown in their understanding of life and the world beyond. I have also added some contributions to the book of my own experiences of having clairvoyant readings with Beverley. Those reading were incredibly helpful in helping me through some of my own struggles, questions and journey over the years. For a copy of Bev’s book you can contact her on 09 478 2889 or 021 777340 or email her at guidelines@vodafone.co.nz

To reiterate the quote Bev writes at the end of her book: "If we are willing to “source” and work with the wellspring of the power within, anything is possible."

Go well and grow well in the month of June. Janelle

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New York marathon Nov 2011 fundraising page www.fundraiseonline.co.nz/JanelleFletcher