

This March 2011 Good News letter gifts you the following goodies...

- **Wisdom unearthed – Are you the potter or the clay?**
- **THE CONFIDENCE CLUB...starting soon. Contact Janelle for details**
- **Sculpting the Life you want – Up your confidence – an evening with me and other experts at Contours Women’s gym**
- **Tips for dealing with the rose thorns - What to do when all seems gone...**
- **Recommended reading for your growth - [Abundance – Stripping your external identity empire to reveal the wealth of who you are](#)**

Wisdom Unearthed – Are you the potter or the clay?

The Christchurch and Japanese earthquakes have left many people shattered and humbled to their core. How do these people rebuild new foundations and their lives and livelihoods? There are a couple of ways to deal with what has occurred – each with a different outcome.

.Be the potter (active “builder or sculptor”) or be the clay. (reactive “victim”)

- In what areas of your life are you the clay? What is the impact of that?
- What is the benefit of being the potter rather than the clay?
- What “sculpture” (project / goal / pursuit...) do you want to start / enjoy / complete in 2011?
- What would need to change for you to be an even more skilled potter?

THE CONFIDENCE CLUB - starting soon

From Ugly Duckling to Pretty fine Chick

At age 40 I hit a turning point – my own earthquake that shook me up. Before age 40 my life and I looked something like this.

Weight loss and gain and eating disorders, head-craziness depression, guys would run a mile – in fact they didn’t even show up, isolation in my bedroom becoming “Miss Academic”, few friends so incredibly lonely, taking on study that was under what I really could have dreamed of doing, always doing stuff on my own, turning off sexually, becoming “Mrs Control freak” to keep my out-of-control feelings at bay, hiding out work-wise behind my computer screen in obscurity rather than getting out there, fertility hassles, losing babies, moodiness....I could write a book here.

At age 40 I hit a turning point. **I went from Ugly Duckling to Pretty Fine Chick...**

People started looking at me when I walked into a room and they said, “You’re gorgeous. You’ve got an aura about you. You look so confident. You’re sexy. You have so much energy. I admire you. You always seem to make things work. You’re so lucky...”

So what changed? After years of transitioning through health, body and life changes of my own, gaining loads of skills and wisdom along the way and a marriage separation at age 40 and 364 days, (from my husband who I still like and respect!) part 2 of my life was about to begin.

I learned

- to finally love my body and have confidence in its ability to express itself, heal, move, dance, make love, be energised...
- to love myself void of titles, roles, external markers of success and other’s opinions and to simply be me.
- that rather than driving and striving as I had always done, I could have what I wanted in life in a very different and easier way.

You CAN

- have great health.
- have awesome intimate relationships.
- have a fantastic sex life.
- lose weight and keep it off.
- look “hot”.
- be in a working role that you love.
- stop hanging out with yourself on a Friday night.
- go on that trip that you’ve always wanted to do.

“I CAN.....

For a life-changing confidence make-over – with tools of the trade that can be used across the board ...in your personal life and business life , contact me about this new CONFIDENCE CLUB that is about to begin or an individualised confidence makeover.

I help you dress up your confidence in your body, yourself and your life from the inside out.

With an easy mind-shift, body physiology-shift, language-shift and deservability-shift...as well as a shift in your imagination and what you think is possible in your lift, this makes for a great start in having confidence for life and getting different results.

Contact me NOW to be part of this new CONFIDENCE CLUB. 09 479 4951 021 756 280

Janelle –THE CONFIDENCE COACH - available as a speaker, workshop presenter and MC.

Sculpting the Life you want - life changing tips and wisdom to help you look and feel your best

I am excited about speaking at this event alongside other great experts in the fields of health and fitness, well-being, beauty and business productivity.

- **Debbie Mayo-Smith** - the marketing guru and a regular feature in the NZ Business Herald www.successis.co.nz/#
- **Janelle Fletcher** – the expert in growing potential and body & self confidence in women www.janellefletcher.com
- **Lee-Ann Wan** – the health and fitness expert from Down Size me – TV show www.lee-annewann.com/
- **Olga** from Contours Beauty Clinic www.contours.co.nz/my-branch/glen-innes

You are all very welcome to join us for inspiration, motivation, drinks, nibbles and education. Bring your friends, your mum, your daughters, your colleagues or someone who you would love to reconnect with.

When: Saturday March 19th 3 – 5pm
Where: Contours Women’s Gym 123 Apiriana Ave, Glen Innes
Cost: Tickets are \$10 per person – proceeds going to Red Cross in support of the Christchurch disaster
RSVP By Monday 14th March to cheryleita.downie@contours.co.nz
Bring your business cards as there will be a major sport prize drawn as well as goodie bags for all attendees.

Tips for dealing with the rose thorns - What to do when all seems gone

When things “go”, we are often left with a feeling of complete void.

Going, going, gone....What might be “gone” or “going” in your life? Relationship has ended, loved one may have died, job security may have vanished, kids have left home, you have disconnected from or lost friends, relocation to a new city, in the case of menopause, your

fertility may have ceased, sex life has nigh on disappeared, money may be tight, your house may be in pieces, business might be on the rocks.... What is your void at the moment?

Many people often feel uncomfortable with this void and aim to fill it up with something or someone else...perhaps a new lover / partner / extramarital affair, any job they can get their hands on, nights on the drink at home alone, mid-life crisis madness, mindless TV watching or internet surfing, pornography, running away somewhere, isolating activities...How do you tend to fill up your void?

Here are some other suggestions that will be far more beneficial and are (pro)active rather than reactive.

- When you notice you are doing your typical a-void-ance behaviours, change something immediately. eg turn the computer off, drink some juice rather than alcohol, express or communicate something rather than clam up...
- Sit still regularly in stillness and just notice what arises. The void can actually be quite an amazingly expansive place.
- Consciously build in an aspect of FUN into absolutely everything you do.
- Know there is ALWAYS a way. Put your creative hat on. Brainstorm with others. As someone once said to me, "It is not about resources, it is about resourcefulness."

When we are humbled to our core, we start to realise that our worth is not based on what we have or what we do. We have the opportunity to experience that our acceptance of who we are (in our raw nakedness) is our lesson and greatest gift to ourselves and to others.

Recommended Reading for your growth

Head to www.janellefletcher.com and click on Speaking-Writing for more of my free articles and resources. Here is one that fits in really well with this month's theme.

[Abundance – Stripping your external identity empire to reveal the wealth of who you are](#)

Go well and grow well in the month of March.

Janelle

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All advice or information in this email and on 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.