

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

- **Wisdom unearthed – Lifestyle and Dance style. How do you dance life?**
- **The Confidence Club successes....yippee...makes my heart sing!**
- **A fabulous article from moi to toi! Dancing life with Passion.**
- **Cross Pollination = Pat Armitstead's Good Grief Programme**
- **Who wants to join me for a great night out? Inside out Beauty evening - Contours Women's Gym Thursday May 19th**
- **Recommended reading for your growth – How to be like Women of Influence. Life lessons from the greatest.**

Wisdom Unearthed - Lifestyle and Dance style. How do you dance life?

Last week I started some new dance lessons – the sexy salsa. For those of you who know me well, I simply love to dance. I am not so much into the mechanics of dancing, but more into how it fills my soul and how I enjoy moving my body and expressing myself in such an easy way. But dancing doesn't come easily to me", I can hear some of you saying.

People live (or dance) their lives in a certain style. Do you dance the salsa life dance – sexy, saucy, expressive...? Or perhaps you dance the more distinguished and more classic waltz or maybe you prefer ballet - playing life "correctly" and "properly". Some of you might be more the rock and roll dancer with life twisting head over heels at a fairly rapid, fun and spontaneous pace. How about the cheekier cha cha? Perhaps you mosh with wild abandon in the mosh pit or you may stay off the dance floor completely preferring to watch (life) from the sidelines and "comfort" of the bar. Do you tend to dance alone, partner up with the same dance partner or rotate doing the gypsy tap?

How do you dance life? Do you enjoy your present dance / lifestyle or do you want to try out a different style? You have the chance to reinvent yourself and I would love to be your partner in that. Also, how about checking out my lovely friend Kerry Ann Stanton's fabulous Inspirita (dance) work blog? <http://inspirita.co.nz/category/blog-posts/>

The Confidence Club successes....yippee...makes my heart sing! (and my feet dance a jig)

Excitement was evident at our Confidence Club on Sunday. People were running to our little "platform" to tell the others of their gains, successes, excitement and the way life is panning out well for them...A far cry from day one! Let me say the changes people are experiencing are awesome.

Some great successes have been: Accountant's fee waived, date with a nice man, a course being paid to help someone re-enter her previous artistic profession, feeling more feminine and sexy, making better connections with family, 2 trips to Italy booked, making phone calls that have really made a difference, delegating work that one either hates or is not good at and focussing on one's strong points, speaking confidently in front of a group, saying yes to a speaking opportunity, one or two might be even up for wearing a dress after years of wearing trousers, and yes one or two are up for opening up to a new relationship....Gee I love this stuff. Makes my heart sing!

Next **Confidence Club** begins Sunday 26th June. Be in before 20th June for the early bird special. **Click here** for details or ring me now on (09) 479 4951 or 021 756 280

A fabulous article from moi to toi ! Dancing life with passion.

Here is a great article on [dancing life with passion](#). If you love this article, I have loads more free resources on www.janellefletcher.com

Cross Pollination – Pat Armitstead’s Good Grief Programme – 18 / 19th June at Wellpark, Albany

Good Grief Programme - Combining body casting, ceremony, storytelling, positive psychology and symbolism as a restorative process.

This 2 day experience is for:

- People moving through the grief of separation or death of spouse or child
- People experiencing loss in other ways such as losing their home and belongings
- People experiencing loss in the workplace with redundancy and restructure
- People feeling disconnected and lost in terms of self direction
- Health care workers looking to extend their personal experience of loss

Highly recommended by me, I love Pat for the fabulous woman she is and also what she is doing. Check out more information [here](#) or contact her directly on 09 4244234 or 021 687 635

Inside Out Beauty Evening at Contours Women’s Gym Greenlane - 19th May

Hair demos. Make up tips. Skin advice. Fashion show. Master Chef winner Nadia Lim, Dr Rosie Horrocks (Menopause physician) and yours truly are in the lineup of speakers. Details for the INSIDE OUT BEAUTY EVENING (Thu 19th May) at <http://contours.co.nz/my-branch/greenlane> or by calling Diana on (09) 525 7107

Recommended Reading for your growth

Williams, Pat and Ruth with Michael Mink **How to be like women of influence. Life lessons from the greatest.**

Go well and grow well in the month of May. Janelle X

Web: www.janellefletcher.com

Email: janelle@janellefletcher.com

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

Ph: 09 479 4951 021 756 280

I don't wish to invade your privacy, nor do I wish that you get emails that you do not wish to receive. If, for whatever reason, you do not wish to receive these monthly updates, just let me know that you wish to unsubscribe. Feel free to pass on the website details to others who you know might find the services and Janelle community of value.

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.