

Hi Sharon,

Welcome to the Christmas edition of my newsletter filled with inspirational tips and news. If you are unable to view the graphics/are unable to read it clearly or would prefer to read this message in your browser, [click here](#)

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"It is not in the stars to hold our destiny but in ourselves." - William Shakespeare

In This Issue:

Natural Flair's Christmas Coaching Offer
A New Year A New Start

Sharon's Secret to Happy Parenting
The Christmas Holidays & Untidy Bedrooms

Tips for a Healthier Life
Stress The Positive Response by Personal Fitness Coach
Rob Horslen

New Anger Management Resources available on line at
www.natural-flair.co.uk

We aim to send this newsletter out to you twice per year to share coaching and parenting tips and to share general information and successes.



Did You Know That Around 70% Of Us Will Forget our New Years Resolutions By The Third Week of January?...

Amazing statistics! The New Year is a perfect time to set goals and think about the person you want to be and the way your life is heading. If you've thought about investing in coaching but haven't quite got around to it, this is the perfect time. With the first decade in 2000 coming to an end and Christmas rapidly approaching, investing in yourself is a fantastic Christmas present.

What will your goals be for 2011? Working with a me as your personal coach could make you one of the 30% who keeps their New Years Resolutions and make this new year the best ever. It might just be the best decision you've ever made!

So, how would you like to get your hands on some free coaching? My New Year New Start Coaching Package gives the bonus of you receiving a full 60 minute coaching session free of charge, this means you benefit from 6 x 1 hour coaching sessions for the price of 5! A saving of £50 for telephone and £60 for face to face coaching! I also still have the fantastic "3 for 2!" offer. This offer allows all clients whom have had coaching with me before, the opportunity to refocus themselves or set new goals for 2011.

Remember my offer is only available for a short time, and this newsletter goes out to over 500 people, so don't delay [email me](#) today, it's time for you to make that change and focus on your goals for 2011. Remember change starts with you!

Some of the reasons why people have booked [coaching packages](#) with me...

- parenting issues
- confidence
- work/family life balance
- anger management
- self image & self esteem
- stress
- health & wellbeing
- personal development/career

A Special Time For Special Relationships...

The holidays are coming up, and although many parents look forward to having their children home from school, they also find that after a few days it isn't so easy having the kids underfoot all the time. Kids are always excited about being off school, but we often find they soon start fighting and squabbling with their siblings, and when they're not doing that they complain to their parents that they're bored!

The holidays are an odd time that combines a lot of fun with a lot of stress. It isn't easy having the children right on top of you all the time and it can be hard to keep sane during these both enjoyable and difficult times.



Christmas is, for many, a time when relationships are foremost in their minds. But for some, it is a time of pain, when the printed words of peace and love are completely opposite to what they REALLY feel inside.

At this time of year, any relationship can become strained. As families gather together, old animosities and rivalries can bubble up to the surface. The best approach of course is to just let them go, remember it takes two to have a disagreement. If you decide that life is too short and make a personal commitment to let it go, then the real victory is yours! Remember, there is no point in winning a series of battles if you can simply end the war. If you use your energy to perpetuate a feeling of grudge, envy or hurt, then you are using energy that could, and should, be directed towards more positive things like building yourself the life that you truly desire.

If this rings bells for you, in a few one hour [coaching sessions](#) with me, I will work with you to review your relationships at home, work and in a social environment. Together we can create a strategy for repairing any that are suspect and for terminating the few that are beyond repair.

Coaching helps people from all walks of life to take control of their future. If relationships or issues around conflict and anger are a cause for concern, then [coaching sessions](#) can show you a clear way forward. If you want to change somebody else, the only place to start is with changing yourself. And, the best time you can start is right now!



Sharon's Secret to Happy Parenting

As well as my work as a life and parent coach, I also spend time running parent workshops and programmes take a look on the website and see if any of the courses during 2011 could change things for the better at home. With the Christmas holidays now upon us I thought some tips would be helpful - in this edition I'm concentrating on...

Is Your Kid's Messy Room Driving You Crazy?

Kids' messy rooms drive many parents crazy. Your stomach may churn in horror every time you view the scene of destruction and chaos in your kids bedroom!

Unfortunately, kids are not naturally neat. Many - if not most, are naturally messy. So what should we do? We have to train them to clean their bedrooms and this doesn't happen by nagging and moaning. However, you do have a few options;

Option 1. CLOSE THE DOOR AND DON'T LOOK!

Having a clean room is not a life-or-death matter. I know of no research which proves that kids who didn't keep their rooms neat and tidy had "issues". Most parents don't like this idea but before you dismiss it, ask yourself this; is it important in the scheme of things? - you can't make a battle out of everything; set your priorities, you have bigger fish to fry!

Remember if older kids don't put their clothes in the wash basket, the clothes don't get washed till they do! This is an example of natural consequences. The docking system can also be considered here. This works by you getting/tidying the dirty clothes/dishes from the room, but you "charge" your son/daughter for the privilege of your tidy up. Remember no lecturing and keep the fees reasonable!

Option 2. THE WEEKLY CLEANUP ROUTINE

This is usually a favourite with mums and dads. The kids clean their rooms once per week, but according to your specifications, remember to be specific and clear in what your expectations of a tidy room is. A list can help and remember to reward your child immediately after the room is done with both freedom and praise.

Don't make the mistake of ruining the whole process by getting into an argument about what needs to be done; make the expectations clear to being with.

Option 3. DAILY MOTIVATORS VIA CHARTS

If you are a parent who is very particular, the child's room can be put on a daily chart using a star or sticker system. Keep in mind that expecting a neat and tidy room everyday is probably asking for a lot! Remember to use a lot of praise if the job is done well, and don't expect perfection.

If you are interested in any of our workshops, courses or parent coaching packages, please visit our [website](#) or email me at sharon.lawton@natural-flair.co.uk for more information.

Tips for A Healthier & Stress Free Life

By Local Fitness Coach Rob Horslen of Life Change Fitness

Stress: The Positive Response

We all experience stress at some point in our lives. Work, relationships, money - there's the potential for anxiety everywhere. Inevitably, the severity of each strain will produce a different outcome each time. But when it all gets a bit much, how should you react? Let it build up, take a hold of you, and ultimately affect your long-term health - or face the problem head on?



To understand stress management, we need to look at what stress is, how it's manifested, and what we can do to fight back.

The physical effects of stress

When we are faced with stress, our heart rate often increases, along with our breathing rate. Pupils can dilate and due to an increased temperature, we often sweat. These are just short term effects of stress, and are caused by the body preparing the fight or flight reflex, an age-old instinctive physical response to threat.

Long term health effects associated with stress are considerably worse. Stress causes you to feel low, depressed and angry. These feelings can often lead to comfort eating, drinking, smoking and more. These aren't just changes in appetite - these are changes in behaviour that can lead to high blood pressure, depression or obesity.

Many Life Coaches use the formula $E+R=O$ because it places the power to influence the outcome of even those events that seem negative firmly in our own hands, let see how it works...

Let's say you unexpectedly lose your job. This would constitute an Event, and a stressful one at that. But it's Outcome doesn't have to be a disaster if you React positively, applying for more jobs, paying off monthly instalments to clear debt, perhaps honing new skills to boost your employability. Reacting negatively by getting depressed, thinking you're worthless and avoiding actively seeking a new job will only lengthen, and exacerbate, the problem. Positive reactions to events lead to positive outcomes from events.

So when it comes to stress, a positive approach to challenging events can work wonders

What can I do to combat stress?

Rob's Top Tips:

I get questions from my fitness clients about stress most days, and my answer is always the same:

- First things first - ADDRESS THE PROBLEM! Together, we come up with a positive, on-going response to solve the problem. We avoid the excuses. YOU can also do this too.
- Plan. Reduce your stress by becoming organised.
- Exercise. A great stress-buster, that makes you feel great. Try boxing - it gets you fit fast, helps drop pounds and allows you to get any anger and frustration out!

- Try training with a friend. It's challenging, fun and brings out your competitive edge. If you'd rather train alone, set yourself targets. Achieving them will give you just the same feeling.
- Eat well. By this, I mean eat the foods you were designed to eat, not the ones that make you feel better for short periods. A good nutrition plan will give you more energy, increase your productivity and leave you feeling much better off.
- Take time out. If you have addressed the above, then you deserve to take a break. You will come back stronger, more refreshed and ready to go!

That's all for this time. Next time I will be sharing tips on how to get the best out of exercising at home.

In the meantime take a look at my website www.lifechangefitness.co.uk or email me at rob@lifechangefitness.co.uk for details on my personal fitness training packages.

Rob Horslen

Latest News From Natural Flair

I am excited to announce that I have recently updated my website to offer more on line resources and support via the anger management page on my [website](#), where I am able to offer the opportunity to view and download free resources, view online video clips and look at tips and resources to help you and your family in their journey around managing anger. It's a great resource for parents and professionals alike take a look and see how managing anger can improve things in your home.

It's always great to hear from my clients both past and current so continue to keep in touch - let me know your thoughts on the newsletter and areas you'd like me to cover in the future. I also love hearing about the impact that attending/participating in any coaching packages or workshops has made in your lives, so keep sending them in they are a real inspiration to read.

And so until next time, with very warm wishes.

Sharon x

Be inspired. Contact me now for your free no obligation 20 minute telephone consultation:

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or call 01992 446051 / 07947 809869



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