



nucleus of change

Empowering people for a sustainable change

## NOC Newsletter Summer 2009 edition

### What are you doing this summer? *It is now the time to chillax (relax and chill out)*

Here we are! Right in the middle of the summer with some early signs of the end of R word even if we are far from a full economic recovery.

2009 has been a year of all challenges and you have managed to get where you are now; well done. Half of the year is gone and this is the time now to take a break.

Some people are still doing what they have been doing since the beginning of the year without a pause. They might feel that there is so much to do and have no clue how the heck the first six months have gone so fast. I must admit I was one of them!

During my last stay in Paris this summer I was pleasantly surprised to see how quickly I switched from my busy London life and to disconnect from the 1001 things I had to do. For a whole week I have spent the time catching up with friends, family, sipping chilled drinks at café terrace, walking along canals, and even going at the traditional 'bal des pompiers' at the Bastille day.

What about you? How are you recharging your batteries? No money to go abroad? Not a problem! You don't have to go far away for a break there is still plenty of sun in England to enjoy!

The seasons bring their unique characteristics. When comes summer with it's light, the heat and green leaves, it is the time to relax!

We need to back up from the overwhelming influx of information and tasks that clutter our mind and our senses. Taking a well deserved break far from being a waste of time is a great source of creativity

and development. So if you have not done so yet, take sometimes to relax and chill out.

What can you do to chillax? Some few ideas:

- Go in the country even the closest one where you will be surrounded by the nature
- Meditate or take a retreat in a quiet place
- May be it's time to read one of the classic great inspirational books which can generate seeds for fructuous ideas: 'Man's search of meaning' by Victor Frankl, 'The seven habits of highly effective people' by Steven Covey, 'Think and grow rich' by Napoleon Hill or 'Emotional Intelligence' by Daniel Goleman or the new book 'The human upgrade' by Naomi Sesay
- Watch the sunset or the sunrise
- Have a relaxing massage in a SPA or at home
- Walk in the park or along a river
- Discover areas of your city that you have never been before (be a tourist in your city)
- Use a peaceful language when talking to others and to yourself: ban all the competition words
- Finally, have a mid-year assessment of your objectives and reevaluate your priorities:
  - o Where are you now compared to the goals you have set up for the new year?
  - o Is there a gap between what you planned and what you are currently living?
  - o Is there anything you could do for the next 5 months to achieve a portion of those objectives? What would you do?

**Summer is just the time to relax, chill out and recharge your batteries, enjoy this precious time and catch up in the autumn for a revitalising newsletter!**

All the best,

*Francine*

#### Upcoming Events

- **19<sup>th</sup> August 2009** change leadership seminar 'Special entrepreneur, start ups and SMEs': Preparing for the next upturn. For more info and to book your place <http://www.prepare4upturn.eventbrite.com/>
- **4<sup>th</sup> September 2009**, global campaign '[I-Click to Change](#)' to support SOHCA project in Sierra Leone

#### Past Events

02<sup>nd</sup> July 2009 lunchtime seminar 'Managing personal change in work and private life' in partnership with City business library. Photos & slides available: [click here](#)

To know more about our services, please call + 447896932302 or send a mail to [Francine@nucleusofchange.com](mailto:Francine@nucleusofchange.com)  
For more information please visit [www.nucleusofchange.com](http://www.nucleusofchange.com)