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## Welcome

Well what a year it has been. We have brought a Breath of Fresh Air into more businesses and more lives this year than any other year.

Our garden is growing, some areas have reached their full maturity, some are establishing and showing promise for future years and some bare patches are waiting with anticipation to be planted next year. We have enjoyed every season and all weathers. Thank you to all of you who joined us in our garden during 2011 and who have grown with us.

## What we are writing - Making Change Happen - I Want I Want

With Christmas approaching it is that time when children write their letters to Father Christmas and adults search for ideas for gifts for each other.

Many of these presents that we give are items that we believe that the receiver wants or would like rather than things that we need. Anyone giving a child clothes for Christmas will generally see the difference in their reaction to opening your present versus the latest toy or computer game.

As a coach and facilitator I am tuned in to the language that people use when they are talking about what they want to change, what they want to be different and better or how they want to be more effective. I particularly listen to their use of the words "want" and "need". Read [more](#)

## What you are saying

We had another fabulous Christmas Breath of Fresh Air this month during which we acknowledged and celebrated our successes from 2011 and identified our special 'gifts' that contributed to our success while enjoying some fabulous company in the winter sunshine. This is what a few of you had to say about it:

*"Thank you for a lovely afternoon of walking, talking and tea and cake. Great to have the opportunity to think back on the year and wrap up the lessons learnt for next year"*

*"The reflection time was really helpful and made me realise what a positive year 2011 has been"*

*"A great afternoon meeting new people and learning how to have "me" time!"*

### **What we are doing in 2012 - A Sneak Preview**

We are just putting the finishing touches to our events calendar for next year and here is a sneak preview of what we are planning - [Latest Dates](#)

### **Some Christmas Inspiration**

*Christmas is the season for kindling the fire of hospitality in the hall, the genial flame of charity in the heart.*

*Washington Irving*

*The only real blind person at Christmas-time is he who has not Christmas in his heart.*

*Helen Keller*

*Gifts of time and love are surely the basic ingredients of a truly merry Christmas.*

*Peg Bracken*

### **And finally for 2011 ....**

*May the spirit of Christmas bring you peace,  
The gladness of Christmas give you hope,  
The warmth of Christmas grant you love.  
~Author Unknown*

I would like to wish you a very Merry Christmas and a Happy New Year.

Warm wishes

*Jacqueline Harris*

