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Jacqueline taking a Breath of Fresh Air in the snow
0118 969 0783

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Dear Jacqueline

Welcome

Many of us in the UK have had a very snowy start to the year and you may not be surprised to see that there is a bit of a snowy theme to this winter newsletter. I have been influenced by my wintry environment while writing some articles in the last month.

My team and I have also been planning some exciting events and programmes for the coming year and

look out for some of the details over the next few months.

What we are writing - lessons from snow – leading change

The snow is thawing and most of the roads are back to normal so that we can travel once again at the sorts of speeds we are used to. The temperature is rising and it is not so bitterly cold.

Change is happening and it feels like we can progress quickly and with momentum.

When we are leading and managing change in business and have started on our journey we often reach the point where we want to move into fifth gear to travel at maximum speed. Perhaps others around us are not confident yet that the road is safe and not icy. Perhaps some are joining us from a side road or are walking along the pavement where it is still slippery and hazardous.

Read the full article [here](#).

What we are writing - what do you want to see in your world after the snow?

The big thaw is happening for many of us around the country and soon our normal landscape will be revealed.

I have been looking out at my garden this morning partly to capture in my mind how beautiful it looks under this blanket of snow and partly to recall what the garden underneath looks like. What will be revealed underneath? What will be different to before the snow: what will have developed and improved and what will have suffered and need attention?

Read the full article [here](#).

What we are writing - take control of your mind and your heart

I am in the middle of reading Bill Clinton's autobiography 'My Life' and I have been struck by one of his conversations with Nelson Mandela.

On a visit to South Africa, Mandela took Bill to Robben Island where he had spent many years in captivity. Bill asked Nelson Mandela if he hated his jailers to which Nelson replied that yes he did because "They took the best years of my life." He then went on to say "Then one day... I realised that they had already taken everything from me except my mind and my heart. Those they could not take without my permission. I decided not to give them away."

They then talked about what it was like leaving prison for the last time and Nelson Mandela said that he did feel the hatred again "Then I thought to myself, 'They have had me for twenty-seven years. If I keep hating them, they will still have me.' I wanted to be free, and so I let it go."

What thoughts, feelings and emotions do you need to let go of?

What we are doing - dates for your diary

Many readers will know that we run events every year that are open to anyone to come along for their own personal development. These are in addition to our in-company work and we call them our taster

sessions.

We have four wonderful taster sessions planned for 2010 so put the following dates in your diary:

Tuesday 11th May
Thursday 8th July
Friday 15th October
Monday 13th December

You can find out more about these events [here](#):

If you are a director, business owner, team leader or learning and development manager and would like to know how Breath of Fresh Air® could help you, come along to one of our taster sessions or ask us to give you a demonstration.

What others are doing – introduction to NLP with horses

One of our Breath of Fresh Air® facilitators, Lisa Brice, is also a talented horse whisperer and helps others to learn through working with horses. On the 16th and 17th February she is running a special two day introduction to NLP (Neuro Linguistic Programming) with horses.

This unique programme with its multi sensory experiences will amplify, accelerate and anchor your learning in a way that will empower you to build rapport with elegance, communicate with impact, lead with servility and influence with integrity.

If you would like to learn about NLP and love horses, or are just curious about what we can learn from horses, contact Lisa at lisa@horsesforcourses.uk.com.

Some inspiring thoughts

I receive weekly inspiring thoughts from Mike Dooley and I wanted to share this one with you:

"It only takes one idea, one second in time, one friend, one dream, one leap of faith, to change everything forever. JUST ONE."

And finally....

I hope that through all of the actions we are taking we are bringing a Breath of Fresh Air to you. Do join us for one of our events, connect with us on-line or with us personally to discuss how we can help you and your business move closer to your dreams.

Enjoy the beauty of each season as they develop this year and look out for the early signs of spring over the next few weeks. Remember to take a breath of fresh air regularly and to step back from the details of your day to reflect and appreciate the moment.

Warm wishes

Jacqueline Harris

PS Looking forward to seeing you on the 11th May 2010 – [book now](#).

PPS If you would like to bring a Breath of Fresh Air® to someone else's life, please forward our newsletter to them.

fresh thinking, new directions

What is Breath of Fresh Air®?

If you are receiving this newsletter for the first time, you might be wondering what Breath of Fresh Air is. In simple terms it is a unique approach to effecting change through the mind and the body which can be applied to leadership and team development, training, conferences and awaydays and wellbeing programmes.

We bring a Breath of Fresh Air into businesses, by giving the people who own and work in them time and space to think. Providing guided walks and workshops in inspiring outdoor environments to refresh the mind and body.

We enable people to see challenges from a different perspective. Through the combination of facilitation, coaching, fresh air and walking they move forward to find solutions that take them closer to realising their dreams and goals.

Want to know more?

Visit our website – www.breathoffreshair.uk.com
Come along to our taster session on the 11th May 2010.
Read our [blog](#)
Follow us on [Twitter](#) - @breathoffresh

If you have received this newsletter from a friend or a colleague and would like to receive your own copy in future, then please subscribe at www.breathoffreshair.uk.com.

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