



Breath of Fresh Air™ Newsletter – June 2009



In this issue:

- Welcome
- June Breath of Fresh Air®
- What can we learn from bluebells?
- New Breath of Fresh Air® Programme
- What we're reading
- What is Breath of Fresh Air™?
- Some inspiring thoughts
- And finally...

Welcome to our June newsletter

I cannot believe that it is June already and that we are looking forward to our next Breath of Fresh Air® event. I love these long days and have been having so much fun with my 'work' that it doesn't feel like work at all.

We have had a lot going on in the Breath of Fresh Air® camp and with lots of balls in the air this has been challenging my ability to prioritise. I have found it vital to focus on what is really important to me and to the business. I always like to share my learning and to learn from others and so I thought that this could be a great topic to explore in our June Breath of Fresh Air.

Read on to hear more about this and more of our news...

June Breath of Fresh Air® - Creating and Maintaining Focus

Do you find that your life is really busy and there are so many things to do that you find that you are constantly juggling priorities? Do you feel that you are reacting to events and the demands of others rather than taking control?

Are you finding it difficult to decide where to spend your time and effort? Is your head so full of noise that you can't hear yourself think? Perhaps you want to make some changes but can't see the way forward.

Come and join us for our taster session on **Thursday the 25th June 2009 from 3.30 – 7.30pm at Virginia Water, Surrey** to take time out to explore our theme, refresh your mind and body and meet some great people.

We are very excited to be using a new booking system for our events and you can find more details about this walk and you can book online at www.breathoffreshair-june2009.eventbrite.com.

What can we learn from bluebells?

During our last Breath of Fresh Air™ taster session we walked amongst hundreds of bluebells – a carpet of blue was spread amongst the trees. When we stood in the middle of them looking at the sun filtering through the branches, hearing the symphony of the orchestra of birds and smelling the almost overwhelming scent of bluebells I had a tremendous sense of the power and greatness of the natural world.

We can learn such a lot from nature and we talked as a group about what we can learn from bluebells. Bluebells appear when the environment, conditions and time are right for them. They shoot up when the days start to get longer and just before the leaves grow on the trees. Once the leaves have formed a canopy above them, their seed has been sown and their work is done for another year.

Have you ever tried to do something when the conditions are not right? Perhaps you have been looking for ideas or have been trying to achieve the buy-in of others when something about the environment and conditions has been wrong.

How can we notice when it is right or wrong, how can we create the right conditions for ideas to pop up or for others to follow us without forcing them? It starts with awareness – notice the environment and tune into the conditions. What can you change?

Bluebells are only in bloom for a few weeks of the year and if we don't make time during these few weeks we miss them. Be careful not too rush so much that you miss ideas and opportunities that pop up just like the bluebells – if you miss them you have to wait for another year.

We can learn so much from bluebells and for me the greatest learning is in noticing and creating the right environment and conditions and allowing time to spot opportunities and ideas.

New Breath of Fresh Air® Programme – Healthy Business

We have recently been developing a new Healthy Business programme aimed at companies who want to help maintain the physical and mental health of their employees. The programme includes:

- managing pressure and stress
- positive thinking – maintaining positive and handling negative pressures and influences
- time - understanding your relationship with time and effective use of time
- work-life balance and creating focus
- power of connection – connecting with self, understanding personal thinking patterns and behaviours
- connecting with others – exploring connections with others and with the environment in which we work and live

As well as the obvious benefits to individuals, the businesses gain from greater productivity, reduced time and cost of sickness absences, improved employee retention, higher performance and better results.

If you know of a business that could benefit from this programme, please point them in our direction.

What we're reading...

'The Optimist – One man's search for the brighter side of life' by Laurence Shorter, published by Canongate.

Laurence Shorter wakes one morning to the usual litany of doom and gloom coming over the radio waves and can take no more. How did the pessimism industry become powerful and optimism so uncool?

His quest to turn reasons to be tearful into reasons to be cheerful is a global one, taking him across the world and encountering characters such as Harold Pinter, Bill Clinton and Desmond Tutu. On the way, Shorter shapes optimism into a quasi science, with its own laws and levels, exploring how it differs from its poor relation Hope and how it can peacefully co-exist with its nemesis Realism.

The text is occasionally too prolix and self-indulgent for my personal taste; I counted eighteen first person pronouns on one randomly chosen page. But it's hard to argue with Shorter's basic premise: we live in an age when most of us, at least in the Western world, are more financially and physically secure than our forbears could have dreamt of; yet there is an epidemic of pessimism.

As one American business school lecturer sagely tells Shorter, "The ideal situation *isn't* out there; it's between your ears."

Read it and smile!

Margaret Cain
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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 executive and team development, training, conferences and events.

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.

To find out more, please visit our website – www.breathoffreshair.uk.com – and come along to our taster session on the 25th June 2009.

Some inspiring thoughts

"The only place where your dream becomes impossible is in your own thinking." Robert H Schuller

"In life we either follow paths or make trails." Anon

"If you change the way you look at things, the things you look at change." Wayne Dyer

And finally....

I hope that you have enjoyed hearing our latest news, thoughts and perspectives and if you would like to see more please visit our new blog. Looking forward to seeing you on the 25th June.

Jacqueline

www.breathoffreshair.uk.com

Auric Results Limited is a company registered in England and Wales with company number 4585701. Registered office 12 Ashtrees Road, Woodley, Reading, Berkshire, RG5 4LP.