



## eNewsletter

May 2010

Welcome to the May Newsletter. This month I have focused on a subject near and dear to many of us and one which I encounter often with coaching clients. An activity I even engage in myself. So I sought to investigate further and provide some solution focused tips on the subject and support you in taking action to achieving your goals and make every day once of fulfillment and greater happiness.

### The Art of Procrastination

Raymond, habitually put off returning important business calls and addressing key staffing decisions which had been on the table for some time, behavior that seriously threatened his business.

Mary knew she had to complete that report for her manager, yet overriding tasks just kept getting in the way. She knew it was important to her manager but had not quite found the moment to focus on getting it started let alone completed. Her performance review was around the corner and likely to be on the agenda

*Can you relate to any one of these scenarios ? **Read More***

### Make Their Goals Come Alive



My partner is taking part in the 2010 Sydney 24 Hour Mega Swim in order to raise funds for people affected by multiple sclerosis. Multiple Sclerosis is the most common disease of the central nervous system and affects over 18,000 Australians.

Did you know?

- \* The average diagnosis of MS is 30 years old.
- \* MS affects three times as many women as men.

The 24 Hour Mega Swim event raises funds for MS Australia's 'Go for Gold' Scholarship program. 'Go for Gold' scholarships are awarded to people living with Multiple Sclerosis covering a broad range of categories including education, travel, sport, music, the Arts and employment. MS Australia aims to minimise the impact of multiple sclerosis on all individuals affected by the disease, their families, carers and the community by offering a wide range of assistance, services and equipment.

MS Australia's goal is to assist everyone affected by MS to live life to their full potential and secure the care and support they need, until we ultimately find a cure.

Please DONATE by clicking on the button below and help MS Australia to help all people affected by multiple sclerosis. The Link is as follows: <http://events.megaswim.com/?brianderidder>

### Are You Looking to Achieve More ?

**Contact us on 0402 851 378 or email us at [info@unconsciouspotential.com.au](mailto:info@unconsciouspotential.com.au) to find out how we can help partner with you for performance!**

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