



## eNewsletter

November 2009

Welcome to the November eNewsletter from Unconscious Potential.

I was advised only this week that there are only 6 weeks till Christmas. My first thought was not so much that there are 7 weeks and its 2010 but rather a reflection on the year to date for me. What have I accomplished ? What difference have I made to others ? How have I lived every day to fulfillment ?

All of these questions really reflecting the bigger question of "How happy have I been and am I" – a subject getting real airplay backed by scientific evidence. In this newsletter, I have shared some of this with you.

As always, enjoy the read and seek to implement one small change that can make a difference.

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## The Science of Happiness

Over 3 decades of research have established clear links between specific emotional skills and our health, wealth and wellbeing. High levels of emotional intelligence lead to increased productivity. Happy people are more creative, solve problems better and move quickly, live longer and enjoy high levels of leadership influence. In summary, when we feel better, we perform better in all areas of our lives. [Read More](#)

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## Programs for 2010

Unconscious Potential is looking to launch a series of 1 and 2 day workshops in 2010. The focus of the workshops will be:

- Leadership through emotional intelligence
- Emotional Intelligence and its application
- Emotions in the Workplace – their place, their impact, the results
- Emotional Resilience

Workshops are suited to both individual as well as application to the workplace.

Workshops will also be supported by group or individual coaching to support the implementation of learning.

If interested in being advised of upcoming programs, I welcome your registration of interest. We can then keep you informed. [Register Interest](#)

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## Happy Christmas and New Year

As this is the last newsletter for 2009, I would like to take the opportunity to wish you all a Happy Christmas and Best Wishes for the new year. I look forward to connecting with you in 2010.

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## To Ponder.....

*"Most people are as happy as they make up their minds to be." (Abraham Lincoln)*

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