

You're The One Newsletter

RESILIENT YOU - BE UNSTOPPABLE!

Issue 6 Vol 8: August 2011

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Dear Karen,

What's New With Karen

Welcome to August 2011. I am excited this month because we are now in the last four weeks of one of our coldest winters here in Melbourne, so am looking forward to our soon to be beautiful spring days. Talking of weather, this month, I observed some turbulence - whether that be in our skies (due to the Chilean Ash Plume) or (airlines under clouds) or some countries in the EU experiencing turbulence (in their financial markets), and even the political climate (debate over new taxes)!! So, being a deep thinker, I looked around me and noticed that whenever there is turbulence in our world, it is the resilient who are able to get back up, dust themselves off, and keep moving ahead in their lives, surrounded by loved ones. They not only move forward, but with steely determination and a newfound strength. Resilience is such a vital ingredient for a Happy Life that I have dedicated August to the theme of building resilience! Warmest Regards Karen

Mojo Tip: Stand Up, Dust Off, & Be Resilient



Romain Duris & Vanessa Paradis (from the film Heartbreaker)

The eighth step on the path to your masterful Mojo mindset for 2011 is to keep building your resilience muscle. At some stage of your life you will no doubt experience some sort of stress or trauma or setback - this may be in one or more areas of your life, whether that be in your relationship, career, finance, business or health sectors! We all experience adversity in our lives, and some people more than others, however resilience is the buffer that helps us to get back on our feet again. People with Mojo-resilience create good outcomes, and competence, under high risk/stressful situations - they recover from the trauma and use the challenge for growth to make any future hardships tolerable. Even when the odds are 'stacked against them' they adapt successfully and develop well! One of the vital keys is that they have a buffer zone that protects them from the negative effects of adverse life situations - and these buffer zones are having supportive and caring people around them, who they can love and trust, who offer encouragement, both within and outside

the family. They are also buffered by their own positive self-esteem/self concepts and focus on the positive aspects of themselves. People with Mojo have used the lessons of early life to become stronger, more vigilant and determined to make a success of their life, whatever life throws at them. They cope and thrive - because the lessons they learned early in life taught them to become more resilient. So, whatever life throws at you, go out there determined to live a life where not only will you cope, and learn from the lesson, but go out and give life a go again. And remember to teach the children in your life resilience! You will be a glowing example of one who prospers in the World, armed with your protective buffer zone of your wonderful emotional support network and positive self esteem!

Life Coach Tool: Your Resilience Survival Kit!



Have you ever found yourself giving up after having a personal setback? Well, if you answered yes, then you are amongst the majority of us. However, if left unchecked, this habit can have us sitting in our comfort zones, or can have the devastating effect on some people of leaving them feeling like a victim or subsiding into depression! However, there is a cure. You see it is the Resilience-Cure and it can be taught. Once you learn these 13 key strategies, you will be able to not only handle any traumatic event but also bounce back stronger in your life. So this month I'm introducing you to a checklist of 13 keys so that you can build your resilience.

Exercise: Your 13 Keys to Build Resilience:

The first 10 keys for building resilience are from the American Psychological Association - one of the World Leaders in research on Resilience (especially since September 11):

- 1) *Develop supportive and caring relationships at home, among friends and colleagues. Accept help and support and help others when they need it.*
- 2) *Remember that some crises are beyond your control. You can't change events but you can change the way you interpret and react to them. Try to accept this and look ahead.*
- 3) *Accept that change is part of life and that you will have to adapt to changing circumstances.*
- 4) *Set some realistic goals and take regular small steps towards achieving them. Ask yourself, "What's the one thing I can accomplish today?" rather than focusing on the overarching goal.*
- 5) *Be decisive. Do as much as you can rather than avoiding problems and hoping they will go away.*
- 6) *Try to understand your own experiences of dealing with loss, hardship or emotional problems. Appreciate what you have learned from these events.*
- 7) *Develop a positive view about yourself and be confident in your*

strengths and abilities.

8) Try to take a longer-term perspective and don't blow the significance of the event out of proportion.

9) Stay hopeful and optimistic. Visualise what you want, rather than worrying about what you fear.

10) Look after yourself - your health, fitness and need for relaxation and peace. This will give you the strength and balance to deal with difficult situations.

The next 3 keys for building resilience are from The Hardiness Institute (based on the works of Dr Salvatore R Maddi of the University of Chicago) who found 3 beliefs existed in the most resilient of people:

1) Commitment: they strived to be involved in events rather than feeling isolated.

2) Control: they tried to control outcomes, rather than lapse into passivity and powerlessness.

3) Challenge: they viewed stressful changes (whether positive or negative) as opportunities for new learning.

Each of us has a different temperament, and depending on how our personality interacts with our life experiences will determine how resilient we become. However, armed with these 13 keys above, you now have a checklist that you can keep close by to remind yourself to keep working on these qualities each day of your life and you will soon find that you have built a wonderful life that is able to handle any situation that crosses your path. So, the good news is that you can develop resilience by managing your thoughts, behaviors and actions PLUS building the social/support buffers that help you in your life. You are a special, strong, resourceful human being with a resilient attitude and there is no stopping you! Become unstoppable!

Be Inspired Article: 10 Questions with Danielle Paruit!



Who Is The Real Danielle?

Born in Mauritius, migrated in Australia at age of 9 in April 1968; was educated in Catholic private schools, then went on to the University of Melbourne. I believe that we should be continually expanding our minds, as the world around us does not stand still - our environment is dynamic. Most of my knowledge today comes from research, travel, continuing education and experience. In the last few months, I have partnered with an Australian Photographer to set up a World Class Photography studio in Mauritius, launching a Photographic Safari for tourists, and developing seminar/course programs to upskill local photographers. Also, I have established Nutrition Spot; to set up a series of Cellular Nutrition Shake Bars by partnering with clubs, and workplaces to provide healthy nutrition to their members or employees. I have a keen interest in new media and working on the business model for my women's virtual world.

Which five words best describe you?

Tenacious. Unique. Innovative. Opinionated. Feminist.

What was your first job and what path have you taken since then?

Though I went to the University of Melbourne with a view of becoming a Psychologist, I dropped out in the 3rd year. I don't think that I had much of an idea really of what I wanted out of my life at that time and went to work for an engineering company. I soon realised that I had an entrepreneurial mindset, full of ideas and ideals and I set out to realize some of those ideas, never once believing that I could never achieve anything that I set my mind to. I have set up a number of businesses; I see them as a series of "projects," & once the "project" is done, it is time to move on to the new challenge. I have been involved with tourism and travel projects, event marketing projects, property and investment, publishing and now focused on empowering people in the area of health. I have probably taken a more masculine approach to my work and forsaken the naturally nurturing attributes of my gender that is usually expected.

What's your proudest achievement?

I actually have a number of proud achievements - some are very small while others larger, but all of them start with an idea that germinates to full blown maturity. One of the first personal development books I ever read, over three decades ago is Napoleon Hill's "Think and Create," and I truly believe in what the mind can visualise, we can create. The only boundaries are those that we choose to set for ourselves. Some of my achievements include being the first to have a street festival in Albert Park, to launching an Arts and Culture Magazine, to adopting a stray dog.

What's been your best decision?

I feel that I am now understanding my life's purpose, and that the journey to this end has been to expose me to a diverse range of people and experiences in Australia and overseas, so that I can do the work that I was born to do. This has not come without sacrifice or perhaps more accurately, is the result of choices that I have consciously made. I know that I would not be the person I am today had I chosen to marry and have children a few years ago, my path would have been totally different.

Who inspires you?

People who make things happen - like Oprah Winfrey, Richard Branson and Ryan Hreljac (who at the age of 7 years of age, did not think it was good enough that many villages in Uganda did not have any fresh, running water and he did something about it).

What are you passionate about?

I am passionate about empowering women and about health empowerment. In Australia, I believe we have been slow in comparison to the rest of the developed world in valuing women's roles and contribution. The laws are in place in many cases, but we still pay lip service in so many areas, such as equal pay, discriminating against career women who have children, and number of women on boards. As a marketer, I am fully aware of the slant of marketing messages about health which are categorically incorrect but seem to be under the radar; an example being when cancer patients are told to get their affairs in order because the chemotherapy or radiation therapy has failed, yet whole food programs, oxygen therapy or hyperthermia treatments have never been on offer. Today, we live in a global environment where we have access to an enormous amount of information and knowledge, and it is time for all of us to put more trust in ourselves and in our power, than to totally surrender this power to others.

What's the best lessons you've learnt?

The best lesson that I have learnt is that you must be totally clear and unshakeable about what you want - don't expect others to always support you - often their resistance is just a green light you need to move forward.

Don't ever let someone steal your dream, do it anyway, even if it fails - there is always a lesson in the process.

Which person, living or dead, would you most like to meet?

Cleopatra - who epitomises emotion and power - both attributes that I think we need more of in our leaders.

What dream do you still want to fulfil?

Dream One: To share my knowledge of Nutritional Science (in particular that of Cellular Nutrition) and for us to get back to what Hippocrates (the Father of Medicine) said "Let Food Be Thy Medicine and Let Medicine Be Thy Food."
Dream Two: To create a virtual world for women, where their needs are met spiritually, emotionally, financially and personally through the development of an interactive range of exclusive products and services. I have started to put the plan into action and will soon be inviting women to join the new tribe!

What are you reading?

"The Pinstriped Prison" by Lisa Pryor & "Linchpin" by Seth Godin. I have also recently discovered talking books, so whilst driving in the car I am currently listening to "The Brain That Changes Itself" by Thomas Doidge, M.D., a fascinating book about Neuroplasticity.

Daily Hint: Discuss, View, Listen, Be Inspired by Resilience!

Thank you! Your Daily Hint this month is to immerse yourself in the lessons of resilient people. Watch films, read books, listen to inspirational recordings, of people who have overcome the odds! And share with the special people in your life the importance of building resilience in your homes, workplaces, communities and especially to the beautiful children of the world. Let nothing stop you or them from the amazing destiny that awaits!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce an admired friend, Danielle, whose messages of empowerment will surely assist anyone to build their resilience. Here's to your being unshakeable - soar in the month of August - the ever unstoppable you! Love Karen x

"Someone was hurt before you, wronged before you, hungry before you, frightened before you, beaten before you, humiliated before you, raped before you...yet, someone survived...You can do anything you choose to do."

Maya Angelou

Sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

yto nlp practitioner (nlp, Time®Line Therapy, Hypnosis, Coaching

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**Free
Health**

As a special offer for the month of August, Danielle Paruit, of HealthSpot is offering a complimentary Wellness Evaluation at the Malvern Lifestyle Centre or in Dingley, in Melbourne, which includes: body weight measurement, body fat measurement, visceral fat level, percentage of body water, bone density

**Check
Voucher
(\$97value):**

and biological age. For a booking simply call Danielle on 0434 279 499 and mention you are a reader of YTO. And plus bring a friend. Enjoy! For those of you interstate, please feel free to contact Danielle and discuss other options.

Offer Expires: 31st August 2011

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