

You're The One Newsletter

MANNERS & ETIQUETTE ARE IN VOGUE!

Issue 7 Vol 8: August 2012

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Dear Karen, What's New With Karen

Welcome to August! July I broke out of my routine and took my 9year old nephew on a holiday to the Gold Coast, which involved dealing with an array of service providers/businesses I had never dealt with, such as airports, car-parking companies, airlines, cafes, gift-shops, restaurants, etc. What was glaringly obvious from the outset was some very low levels of customer care. It wasn't so much my disappointment in the service, as my disappointment in their lack of common courtesy, manners and respect when dealing with their customers. My nieces and nephews will tell you I am very big on manners! I'd even go so far as to say that being polite, well mannered and displaying social etiquette will be definitely high up on the list of what gets you success in life! People respond to respect, courtesy and manners - whether that be in a family, with our friends, in a workplace, our communities, our businesses! So, this month I'm sharing the theme of us lifting the bar so that being polite and well mannered will really take you to a new level of success. Warmest Regards Karen

Mojo Tip: Lessons from A Finishing School!



The Late Jackie Kennedy-Onassis (a woman of incredible manners)

The eighth step on your mesmerizing path for 2012 is to enhance your manners, social graces and etiquette. People with Mojo stand out - they have that certain je ne sais quoi! A person who had that quality in abundance was the late Jackie Kennedy-Onassis - a woman admired for her gentleness, grace and wonderful manners. Recently I was listening to some taped interviews of Jackie Kennedy, and what I noticed was her lowered tone, and very cultured voice - obviously what came to mind was that she had been to finishing school. When I viewed subsequent documentaries, she was always polite, poised, graceful, dignified. When I studied her in more detail, I came to see that she went to Miss Porter's Finishing School in Connecticut. Miss Porter ran the school in the early 1900s originally to educate young ladies in Christian values hoping to create missionaries - it was strict and puritanical. At the school girls were virtually 'remodelled' into

young ladies who would be able to be great conversationalists, conversant in the arts, history, and literature. However, they were not over protected. They had a strict army like discipline, with being woken at 7am, dressed behind screens, and with a light breakfast, followed by prayers at 7.55am. Even their bodies were changed. Those considered too light were encouraged to eat more, and those on the larger side were encouraged to cut down. They lived a regimented life, with no contact with people outside the grounds. They were also expected to tolerate loneliness and emotional distress. They were expected to endure extreme changes in weather without being able to wear stockings in winter, etc. Overall, it was said that when a girl went to Miss Porter's she went in feeling like 'nothing' and came out feeling like 'someone.' Some girls even said it was the making of them. As I researched Miss Porter's Finishing School, I understood that in fact we can create our own finishing schools nowadays. Whilst some of the old ways may not be suitable for people right now, sometimes, there is a lot to be learned from history. There are numerous books these days and courses on social graces, table manners, intercultural competence, care, ethics, etiquette, morality, politeness, social role, social class, taboo, karma, the golden rule and civility. Nothing bad comes from manners and everything good can come from them. They are an essential item to have in your life tool kit! They say that manners maketh the man/woman. With some work, and dedication, we can smooth out any rough edges so that we can shine and be finished - and just like that shining jewel, be ready to live the best life! People with Mojo create their own finishing school and forever shine! (Note: As for Jackie herself, she vowed on her yearbook page 'Never to be a housewife.')

Life Coach Tool: Become More Mannerly!



'Miss Porter's Elite Finishing School'

It has been said that 'In a culture manners are the lubrication that ease the frictions of social contacts.' Mannerly people are more liked, accepted and supported and will attract therefore more luck and success. Manners cost nothing, and they can get you everywhere in life. We may not have to go to our own Finishing School but can start our very own one in the comfort of our own homes. So, here are some tips for starting off your 'finishing school.' Remember - when you improve your social conduct, your earn support, respect and popularity which all helps you to succeed!

Tips on How to Become More Mannerly

- Read a book on etiquette

- Be polite to everyone you meet
- Use the magic words as often as possible: 'please/excuse me/sorry/thankyou'
- Use 'May I?' instead of 'Can I?'
- Show your appreciation at every opportunity: 'thank you for...has been very helpful..I appreciate..'
- Send thank you notes on personal monogrammed stationery
- Cultivate tastes in food, wine and dining
- Learn a language and use the occasional 'french' word
- Update your wardrobe tastefully
- Learn to carry yourself with poise
- Improve your vocabulary and use proper grammar
- Arrive early for appointments
- Talk less than 50% of the time
- Cultivate a good sense of humour
- Be generous and give gifts on the smallest of occasions
- Make sure people are ready to listen before you are ready to start talking
- Leave generous tips
- Be a well mannered driver
- If someone treats you in bad manners do not lower yourself to the same level
- Return email messages within 24hours
- If you receive a rude message, do not respond until you can be polite
- Do not swear
- Do not interrupt people
- Do not blow your nose, use toothpicks or perform other bodily activities in front of guests or people you respect
- Don't smoke around a non-smoker
- Before starting off important conversations, turn off your mobile phone
- Don't do one-upmanship
- Place a photo frame with black and white photo on your desk
- Relax and have fun
- Sometimes turning the other cheek helps!

Be Inspired Article:10 Questions with Sonya Crowther!



Who Is The Real Sonya?

I am a mother. I am a wife and lover, but that does not define or say who I am. I am so many things and even some things I haven't discovered yet. I loved being an international flight attendant with all the travelling and meeting so many people from all walks of life

and countries but when I felt bereft of joy from doing that job I left. I haven't done that job for 7 years now and the most growth as a person has been since becoming a mother. I have thrown myself into painting with acrylic paints on canvas, quilting and knitting, not to mention there is so much to read. I have been offered a little wall space in a small cafe which to sell my paintings and am gaining confidence. I used to not feel adequate saying I was a stay at home mum but even being a stay at home mum did not define me. Now I remind myself of the value of all that I do and strive to nourish myself as well as family and friends. When one follows their heart it leads you right to where you need to be. You just need to be still sometimes to hear it.

Which five words best describe you?

Loving. Creative. Tenacious. Reflective. Genuine.

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

My first paid job was as a life saver at, what was then, the largest outdoor swimming pool in the Southern Hemisphere. I felt pride in knowing I might just save someone's life; indeed, on two separate occasions I pulled a little girl and a teenage boy from the water. I had practiced karate for many years and even began to teach the junior class on a volunteer basis. The karate class used very basic Japanese words and an interest in languages was born. Meeting exchange students at high school also filled my mind with exotic and interesting lands. After 12 months living in Germany I returned home to study Japanese language and culture at University. I became an international flight attendant and flew for nearly 9 years. I am now a mother with 3 beautiful girls!

What's your proudest achievement?

I wish to say my family but won't. "Achievement " sounds finished and all mine; guiding my children is ongoing and their striving (hopefully values my husband and I have instilled) will make me proud. Persevering to knit an intricately patterned roll-neck jumper which has taken 5 years- I have unpicked mistakes, packed it away (to move house), lost where I was up to in a 16 row pattern, but the jumper is testament to the 'will' I summoned to see the project through.

What's been your best decision?

To marry my husband and have my 3 children.

Who inspires you?

My daughters' school teachers who, in the Steiner school system, will see the same class through each year of those children's primary years and who unwaveringly strive to be worthy of emulating, providing rich, purposeful learning for the children's' head, heart and hands. Also really inspired by nature which is 'what' rather than 'who'.

What are you passionate about?

Family. Vibrant colours. Living in a raw, conscious manner.

What's the best lesson you've learnt?

One needs to enjoy the journey and not only think of the

destination. Always be true to yourself.

Which person, living or dead, would you most like to meet?
Nigel Farage, President of the UKIP and in UK parliament.

What dream do you still want to fulfil?
To take time to create and write a book worthy of publishing.

What are you reading?
Just finished Anna Funder 'All that I Am' and have started Anna Funder's 'Stasiland'.

Daily Hint: Study Manners This Month

Thank you! Your Daily Hint this month is to research or read about etiquette and manners. Find something you can focus on each day of the month and improve on your social etiquette skills. I am certain some simple enhancements will bring some outstanding results and joy for YOU!!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm thrilled to introduce you to my dear friend Sonya, whose nurturing qualities, creativity and talent are inspirational. Sonya too is a wonderful example of a person whose manners are always impeccable and something to be admired. Love Karen x

'I want minimum information given with maximum politeness.'

Jackie Kennedy-Onassis

'Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter which fork you use.'

Emily Post

Sincerely,

karen vella

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(cert iv)

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

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FREE Mini Ebook

As a special offer for the month of August, anyone who shares my newsletter with friends, family & associates who decide to subscribe to my newsletter will receive a free mini E-book on "The 5 Keys For Believing in Yourself" as a Personal Development Tool!" for themselves and also their referral as a gesture of thank you! So please be sure to pass on this newsletter to all your contacts. You never know who may benefit? (just ask them to mention your name when subscribing to the newsletter thanks). Note: forward email block at end of this newsletter on bottom left hand corner.

Offer Expires: 31st August 2012

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