

You're The One Newsletter

SPEAK OUT AGAINST BULLYING!

Issue 8 Vol 3: March 2013

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Dear Karen,

What's New With Karen

Welcome to March 2013! This month I just can't let another moment slip by without recommending a documentary called "Bully." I actually watched the movie with my Nephew and my Mother and it had a huge impact. The best thing about it, is that it opens up the conversation on how widespread bullying is in our society and the devastating consequences it can have in the lives especially of children. And it is a conversation that we all need to have. Bullying can be everywhere, from the schoolbus, to the schoolyard, to the workplace, to families (some parents are even bullied by their children) and the community. My hero in the movie is a beautiful boy whose courage, faith and kindness never waiver during the film despite being tortured by other children both on his journey to school, and at school. Please do yourself a favour and watch this film (you will need to supervise watching it with your children especially if they are under 13). But I do think there is a growing movement to stand up against bullying. So I have dedicated this month's newsletter to the subject of "taking a stand and standing up." That also means "standing up for others" and not "remaining silent." I dedicate this newsletter to the gorgeous boy in the movie Alex Libby, from Iowa, - Alex you are my Hero!! I hope one day to meet you! Warmest Regards Karen (PS Happy Birthday to Mum for 1st and Dad for 2nd March)xx

Mojo Tip: Be No Longer A Silent Bystander!



Filmmaker Lee Hirsch embraces Alex Libby at Showing of Movie 'Bully'

The 3rd step on your mind-blowing Mojo mindset for 2013 is to stand up and not remain silent to injustice. People with Mojo are secure in themselves - they don't need to follow the crowd - so unjust, unfair behaviour doesn't go past them. They stand up - and don't remain as silent bystanders. They stand up for themselves and they stand up for others. They are the difference. They have the strength of character to not have to belong to groups of people that victimize others or abuse power. They can fit in but also they walk to the beat of their own drum. They have both a sensitivity combined with a strong sense of moral and social justice to assist others. They use their voice to make a stand and do what is right. And they have conversations about these kind of subjects that others may prefer to

sweep under the carpet. Often these examples of people with Mojo are the kinds of people that stand up even against powerful people or authorities and may even become advocates. The person with Mojo is a role model because they are against hurting others and instead instill in people the belief that being a good, decent person is the aim of us all in society. The person with Mojo has "real" conversations with their children, nieces and nephews, co-workers, and families about these issues and doesn't take the "I'm fine" answer at the dinner table on face value. They are after the truth - like a bloodhound they can sniff out when something is not quite right with others. My hero in this story is Alex Libby, the 12 year Iowa boy, who was bullied, tormented, and had his life threatened by children on the bus and at school. He was called "fishface" and endured the loneliness of not having any friends, and being tormented physically, verbally, and emotionally each day at school. I will go as far as to say Alex is my Hero. I adore him. He is sweet, sensitive, and has faith - and now after the film has shown around the world to huge audiences his life is turning around! Now at a new school, he has friends, and he is not silent - speaking out at rallies against remaining silent to bullies - and the girls love him too! One of his fellow freshmen, Monica, said she cried as she watched what Alex had suffered. She said classmates increasingly are willing to speak out against bullying, but kids can still face ridicule if they fail to confirm. Monica bristles at such pressure: "God didn't intend for all of us to be the same," she said. Alex now says "Life's pretty good. I have good grades, tons of friends and my school is amazing." The message here is "we are all different" so why hurt someone because they are different from you! Be brave - get to know that person - reach out - and be kind - and most importantly speak to everyone you know about the debilitating effects bullying is having in our society. Be an advocate for doing good and use your voice to make a change that the world so desperately needs. Stand up and do not remain a silent bystander! I can feel a revolution coming on and it all starts with YOU!! Well done!

Life Coach Tool: Watch the Movie 'Bully' Tool!



Alex Libby (my hero) in a Scene from The Movie 'Bully'

Because I am no expert, and the subject matter is one of that is of much complexity, I will leave you with the simple Tool this month which is this:

Exercise:

Please watch the documentary "Bully." Please tell everyone you know about it. Pass it on and let's make a difference.

Be willing to be deeply affected, and perhaps even disturbed. I am certain you will be moved, and if you are anything like me (I cried the whole way through), be prepared to be profoundly changed. And please have a conversation with your children,

your friends, your family, your colleagues about not remaining silent to this epidemic. Perhaps YOU are the person that can be "the difference." Well done!

Be Inspired Article: 10 Questions with Sissy Mylrea!



Who Is The Real Sissy?

I was born in Canada near Toronto in 1961. I always felt I was born in the wrong country. When I was 21 I moved to Florida with two suitcases and a large Yellow vintage overcoat that I never wore again! I changed my name and my personality and my life. I had a spiritual epiphany while living a fabulous life with fabulous friends and fun! I was sitting under a palm tree in my yard chatting to a friend when I heard the voice of God reverberate through me saying: "You are going to move to Australia." I remember thinking, "No I'm not!" Well one thing led to another and I moved about a year after that to Australia. I have been here for 25 years now! It was challenging at first however I always knew for some reason I was meant to be here no matter what hardships came up for me. It was not the last time I heard His voice. More recently I was not sure what direction to take. I have had many careers in my life. Hairstyling, Barista, Real Estate Agent, Grazier's Wife. After living on a cattle property leaving my Grazier husband with our 3 year old son, head in my hands I said, "What do I do now?" The now familiar Voice said "Life Coaching". I didn't know what it was. I Googled it, signed up for study that changed my life again. I now 'Life Coach' children and adults in a wonderful program that empowers everyone to be resilient and not be a victim of violence or unfairness. It teaches emotional well being.

Which five words best describe you?

Tenacious. Spiritual. Optimistic. Fun-Loving. Life Adventurer.

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

My first job was in hairstyling. I loved hearing people's stories and being there for them. I remember when I was 14 thinking I wanted to be a Social Worker but I was worried I would take home everyone's problems. Many years later I work with children, teachers and people who work with children and adults. I deliver training and run programs that teach social and emotional well being. There is a strong theme of non violence and teaching resilience through healthy group dynamics. Life Coaching and NLP helped lead me in this direction.

What's your proudest achievement?

My proudest achievement is in getting the award winning program (Solving the Jigsaw) through the help of others to Queensland. Delivering the program every day to kids makes me reflect that it's been an amazing work in progress over the past few years.

What's been your best decision?

My best decision has been to move to Australia from USA and Canada.

Who inspires you?

Geepers this is a tricky question! I suppose firstly the fact that kids really require the life skills that I facilitate through the program is number one. They inspire me to keep going. The fact that this stuff can change the world - giving kids a voice and tools to make a difference in their lives. Spirit inspires me internally.

What are you passionate about?

Giving kids a voice and letting them know they matter. What they are feeling matters to someone. A new way to think about what they can do about when they are getting hurt or when they bully others.

What's the best lesson you've learnt?

Trust and it will come. We are never truly alone.

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

R.G Barrett. An Aussie author that was fun loving. He recently passed away and that was sad that not another book will be written by him. He made guys read that normally wouldn't be readers. I love his work. It's fun.

What dream do you still want to fulfil?

To start some sort of children's charity internationally.

What are you reading?

Pace of Grace- love it, and Brain Rules. (Everyone should read it!)

Daily Hint: Practice "Have a Conversation About Bullying" Tool:

Thank you! Your Daily Hint this month, is to start initiating speaking up and having a conversation about bullying. I guarantee that it will open up a can of worms because often it is a subject that is kept in the cupboard - however, once aired, has the ability to perform miracles in people's lives. Well done!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm so happy to introduce you to an inspirational woman who is coaching and teaching actively in the area of non allowance of any form of violence or unfairness! Sissy is at the forefront of a cutting edge program designed to especially help our future citizens of the world - our children. Love Karen x

*"I would rather be a little nobody, than to be an evil somebody."
Abraham Lincoln*

*"Go ahead, bully me; but in 30years, the only thing people will remember is that I am your boss."
JE Allotey*

Sincerely,

karen vella

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**BULLYPROOF
YOUR LIFE -
'Solve The
Jigsaw'
Program**

"If anyone is interested in speaking with Sissy about the award winning 'Solving the Jigsaw' program, you are invited to contact Sissy Mylrea of See Change Success Coaching for a discussion. Sissy can be contacted at (07) 49336963 Or 0407 694429 or email sissy@seechange coaching.com). You might wish to send on to your family and friends (& remember to mention yto!)

Offer Expires: 31st March 2013

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