

You're The One Newsletter

WHO CARES WINS

Issue 8 Vol 10: October 2013

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What's New With Karen

Welcome to October 2013! In September I was acutely aware of the care-factor! Whenever someone was caring in any way, they really lit up my heart! It got me thinking about the amount of times during our days we have the opportunity to demonstrate caring and create a great impression. Think about the people you interact with on a daily basis and the ways in which you can show a little more caring - from your barista who makes your morning coffee, to the receptionist in your gym, to your staff in your office, and of course to your family and friends! I believe we all have a care-meter and it gets filled each time someone goes a little out of their way to show they care. When they do it fills us with the gravitational force to share the care right back. My philosophy is "who cares wins" and that "carers are the winners" in our homes, families, workplaces, communities, and businesses. We all want to be around those who care - those who take an interest in us - in our thoughts, and also in our hearts. I believe we are at the cusp of a new revolution of caring and that businesses who also care and give back will be those that thrive in the coming days. The days of being hard-hearted, ruthless, righteous are coming to an end - and the caring, socially responsible new style of managing life and work is standing out. So extend the hand of caring; you'll be up there with all the winners! Love Karen X

Mojo Tip: Winners Are The Carers



Harry Kewell, International Soccer Star & Model

The 10th step on your magnificent Mojo mindset for 2013 is to "show you care." People with Mojo promote caring in the following ways. They value others equally. They involve - not exclude. They invite - not reject. They share - not restrict. They respect differences - not despise them. They care unconditionally - and do not expect others to earn their care. In a society where many people live in a sea of indifference, people with Mojo actively bring caring back into the mainstream of our lives and society! For this reason they are winners! In the business world, there is emerging evidence that businesses that are driven purely by 'profit' and not 'giving back' are on the decline (a study carried out in 2010 found that 86% of

consumers believe it is important that companies stand for something other than profitability.) Consumers now expect that companies should be more socially aware, responsible, and caring - and give back as much as they take. So caring businesses are going to be the wayshowers in the future. Doing well and doing good are now key components to success in business. So, the evidence overwhelmingly points to that fact that carers are winners! A very good example of a winner who cares is Harry Kewell (captain of the Melbourne Heart Soccer Team/and ex Socceroo). Meeting Harry (one of my soccer idols) at a children's cancer charity event recently, I was struck by how "caring" he was. He asked "how are you doing - are you ok?" But it was the way he asked - like he really meant it, that gave me that inner glow. What I witnessed was that fame, fortune, success on the international stage in both football(soccer) and modelling had not diminished Harry from being a caring, decent and humble man, who I have the utmost respect for. It made me think about the mantra that has been going on in my mind since I heard Father Bob Maguire say it recently "he who cares wins!" Could it be that those who are the most caring in society are those that truly are winners! I really believe the world is changing and at present the care-factor is key! Do you want to make your mark on the world - then show you care - to your friends, your families, your colleagues, and your customers! Lead through example - be caring - and watch how you come out from the back of the pack to lead each and every time. Remember being indifferent is not a winning attitude, but being caring is! Show you care - remember people don't care how much you know until they know how much you care. Dare to Care!!

Life Coach Tool: 12 Keys: How To Respond With Care



Who Cares Wins

Evidence suggests that being caring is developed along the path from childhood to adulthood, with being 'cared for' as the best predictor of being a caring person. However, we can all learn more and develop ways to be more caring and overcome any blind-spots in our communication. Here are some ways to do so:

12 Keys: How to have a Caring Response to Another

1. Be aware each is to be valued.
2. Be strong enough to care.
3. Be secure to reach others.
4. Be wise to read others needs.
5. Be non-judgemental.
6. Be non fixated on any outcome or reward.
7. Be adaptable to the needs of the other.
8. Be available to all/non discriminatory.
9. Be respectful of the authenticity of the other.
10. Be free of imposing how others 'should' be.
11. Be free of fear.

12. Be caring because it is part of who you are.

Overall, however, being caring is part of who YOU are and fills out the way you interact with the world. It is not something you can 'switch on and off'. It is a basic component of YOU, and a basic mode of being YOU!! And YOU are a Winner! Go forth and be a carer and watch your world return the caring back!!

Be Inspired Article: 10 Questions with Michael Vella!



Who is the real Michael?

(My wonderful brother Michael has revealed some fascinating insights below.)

Which five words best describe you?

Thoughtful. Driving. Persistent. Intuitive. Committed.

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

My first office job was as a shipping clerk and bookkeeper for a now defunct ASX listed company called Kornblums. The company was more than 100 years old and I got the job the day I decided to apply. The job gave me an opportunity to work in an office place, be responsible for functions and outcomes, giving me confidence and skills that I could take elsewhere. This is something not appreciated today, our skills are a culmination of experiences and exposure. Today everyone wants the next job before they learn their existing job. I was studying accounting part time when I got this job and when it went into liquidation I had skills that got me my next job. Eventually I got a job as an Accountant whilst I was still studying, which was a 9 year journey. As with my first job I persisted and developed my skills, gaining accounting experience and more importantly management experience. Six years after getting my degree I became CFO of a listed company. In the process I had completed a Grad Dip in Management and developed my skills beyond accounting. Today I am the Chief Operating Officer for a company owned by Monash University; I take responsibility for Finance, Facilities, IT and Student Admin.

What's your proudest achievement?

My proudest achievement is my family. From a work sense I am proud I have been a Senior Manager for 20 years. In that time I have had the opportunity to develop staff and make a difference in the companies I work for. Importantly though, if you develop your people they make you look good.

What's been your best decision?

My best decision is getting educated and continuing to learn. I am always willing to embrace change and challenge myself. In this way

one is able to move with the times and stay current.

Who inspires you?

I am inspired by many people; most importantly I take pride in my achievements and then set myself new goals.

What are you passionate about?

Many things - I am passionate about my family, I enjoy playing golf, giving myself a release from the work week. I also enjoy reading, listening to music and take an interest in learning about red wine.

What's the best lesson you've learnt?

There are many lessons, but I firmly believe in being persistent, persistence is necessary to overcome all challenges. I also believe you can empower and motivate your staff if you trust them and develop them, this makes you look good.

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

A number of golfers would fill that list, Jack Nicklaus, Nick Faldo and Tom Watson. I would also like to meet Warren Buffet, the investment maestro who built Berkshire Hathaway.

What dream do you still want to fulfil?

It is to continue to develop every day - no big dreams.

What are you reading?

I have just finished reading the "King of Capital", a biographical book on Blackstone Capital, a US hedge fund and its founder Steve Schwarzman. I am also reading a novel by Joe Nesbo, The Oslo Trilogy.

Daily Hint: Let Go Of Caring What Others Think of You:

Thank you! Your Daily Hint this month is to print out your affirmation in the Voucher section below, and start repeating this many times on a daily basis. Part of being a "caring" person is to have your own "in-house care" taken care of - that means to "let go of caring what others think about you." I personally believe this has a very direct affect on lifting our immune system and re-envigorating our mind, body and spirit. Let go of what you can't control (and that is what people think of you) and see yourself being more and more of a winner!

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 my wonderful brother, Michael, who is a fabulous example and role model of being a "caring" person to his family, friends and loved ones. Love Karen x

"People don't care how much you know, until they know how much you care." John C. Maxwell

*"In the sense in which a man can ever be said to be at home in the world, he is at home not through dominating, or explaining, or appreciating, but through caring and being cared for."
Mayeroff*

Sincerely,

karen vella

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**AFFIRMATION
JUST FOR YOU
(care for your own
intrinsic
value)**

"I am confident in who I am. I am just naturally care free. I am happy with who I am. I am relaxed and happy in all social situations. I make my own decisions. I am a person who thinks for him/herself. I live life without concern of what others think of me. I always go after what I want. I am a positive thinker and only think about the best possible outcome." This Affirmation is for you to say on a daily basis over the coming month, and to pass on to family and friends who may want to start transforming their own self care (& remember to mention yto!). karen@youretheone.com.au

Offer Expires: 31st October 2013

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