

You're The One Newsletter

LEAD WITH LOVE!

Issue 13 Vol 10 October 2018

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What's New With Karen

Welcome to October 2018! During September I was inspired by people who make a difference by engaging with others in the spirit of love. I call this 'leading with love'. Whether an employee delivering service, a colleague communicating with others in their team, family/friends during a social gathering, or a parent disciplining a teenager: these all demand times, when we may be called upon to 'lead by example with a heart of love.' Especially when dealing with challenging circumstances, whether we are the recipient or the deliverer of the message - we all can benefit from living from this good space. During October, as we venture more beautifully into the spirit of Spring, may we find ways to keep this intention always in the forefront of our minds and touch others with a special dose of unexpected kindness. Love Karen XXX

Mojo Tip: Milo Ventimiglia's Life Motto: Live With Love!



Talented American Actor, Milo Ventimiglia at 2018 Emmy Awards Red Carpet - lives a life motto - lead with love.

The 10th step on your mindful Mojo Mindset for 2018 is to lead with the spirit of love! People with Mojo have very high levels of IQ + EQ = LQ. They genuinely endeavour to understand others, accept we are all flawed and have courageous conversations. These Mojosque role models know that in dealing with others, whether in private or public settings, all people bring their humanness with them, and ultimately wish to be treated with respect, and care. In a nutshell, people with Mojo use communication infused with love. My perfect example and role model this month, is the talented American Actor, Milo Ventimiglia. Watching the recent 2018 Emmy Red Carpet Arrivals, I was immediately impacted by this striking role model of a young man, who is doing his best just to love. Ventimiglia, who is nominated for playing Jack Pearson on 'This is Us' said he relates to the Pearson

family patriarch in that aspect as well. *'I try personally to just simplify my life as much as I can. I try to lead with love I try to be kind,'* Ventimiglia said on the Emmy's red carpet about the similarities to Jack. *'But like Jack',* he said, *'I'm not without my mistakes, but I think in the end I really try to be an agent of love and kindness and goodness.'* Ventimiglia, who was also nominated in 2017, said he was inspired to be the leading man on and off set by Will Smith, on the set of 'The Fresh Prince of Bel-Air' when he had a small part on the comedy. *'He didn't give me talking to. He met me. I was a kid with one line on his show - what I saw him doing was treating everyone with kindness and respect - at 18 I watched one of the biggest Movie and TV stars just being cool and kind. I thought, 'I want to be like him. I want to be just like him,'* Ventimiglia said. Coming back to my theme here, it is no coincidence that I have featured Will Smith in my newsletters in the past being such a huge fan of his too. As we go out into the world let's be inspired too to live with a positive life motto of leading with love. Love Karen XXX

Life Coach Tool: 8 Ways To Show Love To Your People

LOVE IS THE
SECRET WEAPON
OF THE ICONIC
ENTREPRENEUR.
WORK WITH LOVE,
LEAD WITH LOVE,
SERVE WITH LOVE.
YOU WILL BECOME
UNDEFEATABLE.

'Love is the Secret Weapon'

Tamiko Cuellar, CEO & Founder of 'Pursue Your Purpose', International Business Strategist and Speaker, coaching women leaders on transitioning into entrepreneurship states: 'When you think about business, what comes to mind? Business models, revenue, profit, human capital, branding, marketing? While these are all vital components of any successful business, I believe that the most important one is love. Yes, love. It's possible to have genuine love for your staff and those you lead without sacrificing the goals of your business. I'm not talking about warm and fuzzy feelings of love, but the kind of love that allows your staff to be imperfectly human, like the kindness of noticing that a staff member is having a bad day or feeling overwhelmed with the pressures of life.' Below Tamiko shares her 8 ways to show love to your staff:

Way 1. Show Appreciation

Private and sometimes public acknowledgements of your team's accomplishments and efforts can go a long way.

Way 2. Offer Encouragement

If you notice someone is struggling, offering a kind word can be just the boost they need to keep going despite the challenges.

Way 3. Be Understanding and Flexible When Possible, But Have Firm Boundaries

Set the expectation of excellence but be sensitive when your team members communicate being overwhelmed.

Way 4. Have a Listening Ear.

There is nothing worse than a leader who barks orders and has no regard for hearing the concerns facing their team. Listening also promotes idea-sharing and innovation. It demonstrates that your team is valued.

Way 5. Keep The Lines of Communication Open.

Create a safe space for open communication. Having a team that feels too intimidated to share the challenges that affect their work performance will not serve you or the organisation well.

Way 6. Train Rather Than Criticise.

Your staff will fall short of your expectations at times. If you notice they are struggling to meet the demands of their roles, offer support in the form of training. Approach the discussion from a "help me to help you" position.

Way 7. Offer Support in Times of Overwhelm.

When there is open communication and trust, a team member will not hide when they are stressed. In a faith-based environment, pray for and with your staff. Ask what you can do to help them better manage their workload.

Way 8. Ask How They Are Doing, and Really Mean It.

Even when your team is doing well, they want to know that you actually care about them as people. They know when you only care about work performance.

As Tamiko states: 'There is no business without people, so when people thrive, the business thrives. Showing love is not a license for your team to be incompetent. Instead, it conveys that their job performance is not the only thing that matters to you as a leader. They matter too. Business is 90% relational and 10% transaction. You are not required to be a therapist, but as a leader, you can show empathy for your staff in a balanced and non-intrusive way. Love always brings out the best in people.' May we all be kind, loving and do good to all!

Be Inspired Article: 10 Questions with Don Tolman!



Who is the real Don?

Over the years in the international media I've been referred to as the "Wholefood Medicine Man" and also the "Indiana Jones of Wholefoods"- all because of a 17 year quest that took me around the world in search of an ancient sacred meal known as, 'Pulse'. It was a journey that allowed me to find precious nuggets of wisdom about health handed down from ancient cultures, that is today hidden under lock and key. The 'ancient healers' taught that there were "7 Principles of Health" and that these were *the secrets* to living a happy, healthy, disease-free life. These principles are as true today as they've ever been, but the problem is that this wisdom has been lost in today's world, replaced by an industry that uses cut, burn and poison to 'treat' just about everything. Even though I'm considered an enemy in the camp of the 'health care' industry and despite what I've shared publicly for over 50 years, it is ironic that I'm regularly invited to speak at medical symposiums around the world. Audiences that include large groups of doctors, scientist and researchers are usually freaked out by my renegade look when I get on stage, but by the time I'm done with my presentation, there's typically hefty applause and even standing ovations.

Which five words best describe you?

Whole. Food. Medicine. Cow. Boy.

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

I've been a Public Speaker and Self-Care Teacher for 50 years it's all I've done.

What's your proudest achievement?

Helping thousands of people Globally to Heal themselves by being their own Doctor and Real Food Farmacists, no longer Diabetic, no more cancer's, no Heart surgeries no more Cut, Burn and Poisons from Pharma-Doctors. Even people in wheelchairs walking and running again.

What's been your best decision?

To Live the Wisdom of Ancient Healers that I learned from Ancient Arcane collections, Bibliotechs, and dusty old Catacombs around the World.

Who inspires you?

Anyone that Lives a Healthy Vegetarian or Healthy Vegan non-violent Happy Life of Pleasure.

What are you passionate about?

My Greatest Passion is Mother Earth and Father Sun. Getting into Fresh Air, Nature and Sunlight Clarifies my Mind and Brightens my Day, I Smile and Laugh and talk to the Animals I see.

What's the best lesson you've learnt?

Letting go of the Negative and Holding onto the Positive.

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

My best and closest friend was the singer John Denver. I would stay at his house when he wasn't on his concert tours. He wrote and dedicated a song to me called, Boy from the Country.

What dream do you still want to fulfil?

I have lived long enough to finally see what I have called, "The coming Revolutions of SelfCare, Self Education and Self Governance" just in the last 10 years have I seen it growing faster than it ever has, in the Modern world. My Dream is fulfilled.

What are you reading?

I Love reading the testimonials of people who embrace 1-2- or all 3 of The Revolutions.

Daily Hint: Daily Reminder to LEAD WITH LOVE!

Thank you! Your Daily Hint this month is to start your day with the intention to lead with love. This means finding ways to show love, kindness and goodness in all your interactions. Remember everything

starts with yourself and flows from you to others so start the day with kind & loving thoughts of YOU firstly!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am blessed to share Don Tolman with you. Don's happy presence is a perfect example of a person who leads with love, and who uplifts us with his message to let go of the negative and only hold on to the positive! Be inspired by Don, who is on his Australian Tour this October, making a world-wide impact in healthy living for our planet! Love Karen xxx

'Braggarts build themselves up, jealous people tear others down, but only loving people build others up.'

Alexander Strauch

Yours sincerely,

karen vella

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

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**MESSAGE
FROM
KAREN:**

A picture can paint a thousand words - here's a little something for you to send on to your friends, family, loved ones, and colleagues from yours truly.



If you'd like to make contact, please contact myself at karen@youretheone.com.au;

Offer Expires: 31 October 2018
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