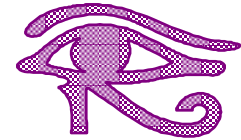


# CAT's Eye

– the newsletter for:



## Special Interest:

• <http://hi-eft.blogspot.com/weblog/>

**CLICK HERE**

• <http://www.theeftcentre.com/eft-masterclass.html>

**CLICK HERE**

## Website links:

[www.emofree.biz](http://www.emofree.biz)

[www.create-the-reality.com](http://www.create-the-reality.com)

[www.C2T2.co.uk](http://www.C2T2.co.uk)

<http://hi-eft.blogspot.com/weblog/>

Contact me:

- page 2



create - the-reality

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Newsletter June 2006, Volume 3, Issue 2

## Four(k) 'andles? Did you hear me right? Or was it me?

How often do we ask someone to do something – and just presume that they'll do it - the way we want it done? And then don't check up on things?

I belong to a worldwide organisation called 'Soroptimist International'. And I am honoured to have been asked to be one of their Regional Presidents, with 14 clubs in my 'patch'.

Well, recently I was

involved in a special ceremony – to thank outgoing club presidents for the work they had given to their clubs, and also to honour the incoming club presidents for taking on the 'baton'.

As Soroptimists we also have a special smaller ceremony called the 'Candle Ceremony' which pays tribute to various ongoing works within Soroptimism. And I had asked a someone to take

on this responsibility.

My 'take' was that she would organize everything to do with it – as each time this ceremony had been used, that was the format ie they had taken care of the whole 'Candle Ceremony'.

However on this occasion that hadn't happened ... Find out what actually happened and how EFT helped by clicking here <http://hi-eft.blogspot.com/weblog/>

## International EFT Masterclass 14/15 Oct '06

I'm excited to be able to announce that the first ever International EFT Masterclass conference will be taking place in London on Saturday & Sunday 14<sup>th</sup> & 15<sup>th</sup> October 2006.

This will be a wonderful opportunity to see many EFT Masters and Master candidates at work – first hand.

Dr Carol Look will be joining us and also Ann Adams EFT Masters Programme director. So if you want to take part in this **'the VERY FIRST EVER EFT Masterclass'**

then BE THERE.

And if you feel it's only for experienced EFTers – PLEASE think again!

On the Friday evening (13<sup>th</sup> October – I'm not superstitious), I shall be giving a FREE 2-hour *taster evening* called 'the ABC of EFT' for ALL OF YOU who have little or no knowledge of EFT.

For more details – and early bird bookings – simply click here <http://www.theeftcentre.com/eft-masterclass.html>

**See you there – or Be Square!**

## Elephant Breathing & Relaxation

**WHAT?** A neat little breathing exercise - PLUS *it's also good as a short relaxation too* – is to breath in to a count of 4 elephants, hold that breath for a count of 4 elephants, THEN release to a count of 8 elephants!

This simple exercise uses the word 'elephant' instead of 'seconds' because saying 'elephant' takes approximately 1 second!

AND, if you wish to have a very, very, very short relaxation – simple repeat this simple exercise 4 or 5 times. TRY IT AND SEE!

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### We're on the Web!

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## How's Your Rapport with Your Clients? Try these 6 tips ...

On my trainings often attendees ask "But how do I get my clients to say "YES" and come back?"

I find myself asking them to think about **how** they **Build Rapport** with their clients— often it just needs a wee bit of tweeking –that's all. So -

1. Do we smile when we're

talking to them on the 'phone?

2. Have we 'let go' of our *neediness* (*needing their work*) BEFORE we meet them?

3. Do we smile when we greet them at the door?

4. When we're listening to them, are we matching

their breathing patterns?

5. Do we match their body language (*making sure to not appear to take the mickey!*)?

6. Do we use open arms and hands gestures when talking to them?

Think about  
**WHAT YOU DO**

## Summer's here – enjoy the extra daylight – deal with 'hanging on' jobs

We are NOW definitely into Summer – the weather may say different however the calendar says it's here!

So let's enjoy these extra daylight hours.

How about getting rid of those 'hanging on' jobs that seem to *hang on* in there forever? Just setting your

### ***About Our Organisation...***

Our organisation offers a fantastic assortment of self-help, self-development, self-learning and self-healing.

**It can:** help you progress in your life, relationship,

alarm clock – or indeed your OWN INTERNAL CLOCK – to wake up 30minutes earlier can mean that you've gained an extra 3.5hours each week.

Time to read that backlog of e-mail, to answer those outstanding letters, to read that special book you never seem to have time to read,

career; help you set up your own business by lending moral support, challenging you, supporting you through the difficult times; and direct you to new pathways – in short it empowers YOU.

indeed to even WRITE that book you never have enough time to write!

Let's use the daylight hours to spur us on, to motivate us and to DO THOSE JOBS that keep 'hanging on'.

Oh – and just keep an eye on your 'ME TIME' too – for now you CAN ENJOY IT– AFTER ALL you've earned it!

**It won't:** *finance you; pull the wool over your eyes; put you down or ignore you.*

**It helps you help yourself!**

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then please email me by clicking on one of the above lines

THANK YOU