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January 2015



How to Balance Business & Your Relationships

Thursday 29 January 20145
6:30 pm to 8:30 pm

100 Bearbrook Road
(in Ottawa's east end)

Too busy to get to the hockey game?

Too tired to snuggle??

It is so hard to run a business, work at something we like and maintain proper relationships. It is difficult enough to fit in time for ourselves, so when it comes to

Let It Go!

The end of a year means, very often, that people are overwhelmed. They are trying to get things done on the business and home fronts, there are year-end deadlines, and just the thought of closing things off means we put a lot of pressure on ourselves to start the next year with a clean slate.

It appears this year that some of our clients have all gotten themselves into a bit of a snit because they were overwhelmed with all these year-end demands. When I went in to provide a coaching session, their offices were a mess, they were obviously not in control of their situation and they appeared a bit defeated. They were trying to get it all done (not only work but gifts, Christmas activities, etc) in time to relax for the holidays. The only thing they were really doing was getting themselves more stressed so they would not enjoy the upcoming celebrations.

In This Issue

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maintaining personal relationships, the issue can be problematic and uncomfortable. How do we walk that fine line that makes everyone happy?

Join us for a *Network & Learn* wine and cheese after work as Ann Max and Diane Valiquette show us how to reconcile your drive to succeed at work with your need to build satisfying relationships.

Make *Network & Learn* a refreshing wrap-up to your busy day. Come experience a single empowering process that mobilizes the strengths and energies of the group to help address individual challenges head-on.

- Network in a warm and welcoming atmosphere
- Share best practices with like-minded women
- Gain self- confidence and knowledge

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\$35.00

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Why do we put so much pressure on ourselves? Not only at this time of year but on other occasions?

Because the end of something and the beginning of another offers an opportunity to create a clean slate. We also do this when we move, go to a new job or get married.

Well, I am here to inform you that the actual event itself, whether it be the end, the beginning, something new or something is stressful enough so **let everything else go.**

Be proactive and aware of these times and events in your life and **plan ahead, clear the slate of other obligations** (or do not pile them on) and **get help** so you can enjoy the event itself. Forget the perfectionism, the race to the end and sit back and enjoy the time, the event and the moment. Once the event is over, you can get back to your planning and prioritizing and goal setting.

So if you find yourself in the same situation as my clients next year, gather up the mess, throw it in a drawer, close the office and leave. Tomorrow, next year, next event will still be there when you come back. Just make sure to plan ahead next time.

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613-594-4533

Very pleased to be featured in this month's
Ottawa Woman Magazine!

(Article by Holly Clark)

"If there is one thing we can relate to in our modern world, it is how this relentless flow of information and technological opportunity has made us feel even more pressure to succeed - to learn, understand everything, and to basically do it all."

Read the full article [online!](#)



Ann

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