

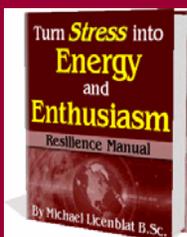
# Positive Change Consulting

*Improving Performance Through People*

NewsAlert 2/2006

## In this edition:

- **Additional Service for our readers**
- **Dealing with stress**



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**Positive Change Consulting**  
 P.O. Box 543, Carnegie.  
 Victoria Australia 3163  
 T. 613 9563 4028  
 F. 613 9569 6168  
 M. 0425 726 340  
 E. [admin@positivechange.com.au](mailto:admin@positivechange.com.au)  
 W. [www.positivechange.com.au](http://www.positivechange.com.au)

## Additional Service for Our Readers

This year we will be alerting you to resources and opportunities provided by our colleagues and friends in related businesses. This first alerts should be of particular interest to our readers as you are in management/leadership positions and so usually build up stress as the year progresses.

## Dealing With Stress

Michael Licenblatt is a Resilience Expert, who specialises in stress management, resilience and 'pressure proofing' by increasing your 'bounce back' ability.

At some stage in your work/life you have, no doubt, experienced some stress and pressure (it is not uncommon to feel a little uptight, stressed out or rundown occasionally - life can get very busy.... ..we all know that).

However, Michael's research has found that if you are not using the RIGHT strategies to handle pressure, then it will significantly compromise your work performance, business drive, personal relationships and even your health.

In other words, it can lead to people working less effectively, feeling unmotivated, becoming ill more often and not enjoying their life. What is interesting about Michael is that he has spent over half his life researching and teaching people to 'pressure proof' themselves by becoming RESILIENT to stress and pressure in their business, work and life - so that they Bounce Back, instead of burn out, when working under pressure. ...sort of like getting a 'stress vaccination'.

In fact, in his private practice, Michael (who holds a Bachelor of Science in Psychology and a Diploma in Shiatsu therapy) has helped thousands of people to bounce back from stress, pressure and burnout.

You can read all about his work at: [Click Here](#)

After reviewing some of his reports and articles, I felt that his ideas could be a great asset to help you further increase your work/business productivity, reduce your stress, balance your work and life, and keep your 'drive alive' in 2006. Michael's work has helped:

- ◆ Managers and business owners to effectively balance their work and personal lives
- ◆ Sales professionals to recover from rejections, objections, or lost sales
- ◆ Customer service teams to become emotionally resilient to demanding clients, rude customers or negative colleagues
- ◆ Support teams to increase their energy and alertness during the afternoon 'tired slump'
- ◆ Industry professionals to stay motivated and reach their deadlines without feeling tense, stressed-out or uptight
- ◆ Workaholics to unwind, recharge and prevent burning themselves out.

Michael has helped over 4000 people in his private practice become resilient to stress and pressure - so he knows what he is talking about! Michael has recently put all his strategies of 'how to turn stress into energy and enthusiasm' into one manual so that anyone can learn the techniques.

I've checked out the website myself and give it my highest personal recommendation. It is definitely worth the time you spend reading it, at [Click Here](#)

I won't describe everything right now because it's all explained on the website.

**If you are interested in turning your stress into energy and enthusiasm, then visit: [Click Here](#)**

Carnegie Services Pty Ltd  
 T/A Positive Change Consulting  
 ABN 96 095 506 924



**Jennifer McCoy**  
 Director & Principal Consultant

**Tony Austin**  
 Director  
 Administration Manager

We'd love to hear your feedback.

*Jennifer McCoy & Tony Austin*

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### **The purpose of this Newsletter**

Positive Change Consulting shows people how to build great leadership, manage change, improve teamwork for business productivity – and restore balance to your life.

In this newsletter we aim to alert you to the latest research into leadership, report people-related workplace news, suggest ways for encouraging staff involvement to improve your business and alert you to the things we are doing and the services we can offer you.

### **We welcome Contributions**

Please contact us if you would like to contribute to this newsletter. Just email or phone to share any experiences.

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