

Positive Change Consulting

Improving Performance Through People

Newsletter 2/2008

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Special Coaching Offer

Don't miss this offer - **THREE** coaching sessions for the price of **TWO!** The **deadline** for sign up is **TODAY** February 29. Click [here](#) to register your interest.

Coaching: Top Solution for Developing Staff

Bersin & Associates have research results, from a survey across 750 corporations, that put coaching at the top of 22 strategies that have proved to be the most effective for managing talent. Coaching they found has 48% impact: *"Organizations with strong coaching cultures, programs, and support structures develop much higher levels of engagement, leadership, flexibility, and performance."*

Download a copy of their report *Coaching: a valuable means to developing leaders* [Here](#)

ABS Survey Media release Feb. 21. We're spending less time playing, sleeping and eating but working longer, according to the ABS survey on how Australians use their time. Read report [here.](#)

Consider some strategies for improving your own work/life balance.

Work/Life Balance

1. Feeling Great For No Particular Reason - a reminder about this CD we recommended last month - produced by Leanne Watson of **Your Successful Mind**. [Click here to listen](#) to a short sample of the audio and then **purchase** your own copy for download.

2. FREE RICE. Use your switch off time to contribute to world hunger. FreeRice is an online game for those who love words. Crossword fanatics perhaps? For every word you correctly define (multiple choice), the UN's World Food Programme donates 20 grains of rice to needy people somewhere around the globe. Money to buy and distribute the rice is provided by companies advertising on the website. Click here to start: <http://www.freerice.org>

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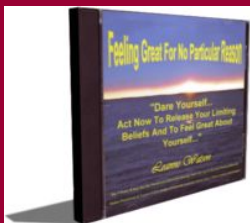
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3. Living to 100. [If you really want to that is]. We're not sure if this one really fits this category, but it **might** inspire you to commit to work/life balance. Want to know how much more time you've got? Here on this planet we mean. Find out here: <http://www.livingto100.com/>

Disclaimer: any links provided are for your information only. They do not constitute an endorsement by us. So, please ensure that you fully investigate any materials/offers/information presented before entering into any contracts or agreements to ensure that they meet your individual needs. Positive Change Consulting cannot accept responsibility for your choices.

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.

Why are you on this list?

You could be any of the following: a client we've swapped business cards with, a member a networking group that we are part of.

To **subscribe or unsubscribe** to/from this list, **please click [here](#)**.

We welcome contributions

Please contact us if you would like to contribute to this newsletter. Just email or phone to share any experiences. Email [here](#)