

What's News

January / February 2005

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We want to wish everyone a:

Happy New Year Años Felicidad
Happy Chinese New Year – The Year of the Rooster
And Happy Bon Odoni Festival in Japan

FEAR

As we start the New Year we want to take a closer look at that most human of all emotions; Fear.

Fear of the future, fear of abuse, fear of success, fear of death, fear of life, fear of strangers, are part of most people's experience.

It appears to us that being afraid of something is part of being human. Humanity it appears is fearful. Asking if you are afraid is useless, we are all afraid of something. Asking what you are afraid of is more to the point. What you are afraid of largely depends on how, by whom and where you were raised. It also depends on your life experiences. For example, someone who was abused in childhood would have different fears and sometimes more intense fears than someone who was not.

Some fears are supportive of our lives. For example, our fear of fire or pain allows us to avoid fire or pain so we don't hurt ourselves. In this case fear is supportive of your life.



However, when you let that fear “run you”, “limit you” or “control your life” you are letting the fears you have, because you are human, become the center of your life.

For example, you were burned once as a child so you never allow the fireplace in your home to be used. That’s letting the fear take over and control more of your life than it should.

When you do that your fears have more power over you and your actions than I think most of you would want. Better to allow the fears a voice and then decide on your action regardless of the fear. In other words hold the fear and go on and light the fireplace anyway.

Just ask yourself how many of the rules you have for living come out of a fear that has expanded in it’s weight so now you have rules to limit your life further. It takes on, the fear takes on, a life of its own – your life becomes about protecting you from the fear.

How to live with fear but not let it run you –

- Start taking stock – start looking at the way you live, the rules you have for you and your family and what fears you have – historical and new, that you want to avoid.
- If you are capable of living with them but not letting them limit you, than do that. If you are not capable and you know the fear is larger than you can manage alone, get some help – a guide or counselor to assist you in unmasking its origins and moving on from its hold.
- If you have children, examine any fears you have transferred to them. It’s amazing as parents how much us being afraid makes our kids afraid almost by osmosis! When you can be articulate enough to express your own fear as your own, kids can separate from it as yours not theirs.
- Lastly, remember to fear is to be human. Make sure you can accept that imperfection in yourself – after all “fearing being human” could be the most limiting fear of all!

Changes in the 2005 Schedule

We have added some courses and deleted others from the 2005 schedule. Please check the Newsletter or our website at svanvleetconsult.com for the up to date Public Workshop Schedule. Remember we accept Mastercard and Visa.

Productive Relationships in 2005

This course is only scheduled 3 times in 2005. If you are interested in attending, give us a call email or fax your registration to us.



Women Moving Forward 2005

Only 2 are scheduled for this year, in June and October. At this point only 16 spaces remain for all of 2005. If you want to refer someone or register yourself, give us a call.

Women's Leadership Retreat, May 2005

Full – No Space Available

Training for Change Agents, June 21-24, 2005

More and more people are now asked to shift company's, departments and teams. This course will be offered for a second time this year due to demand. Six slots still available

Advanced Men's Course

The pilot session last fall was a huge success. Great results for all attendees. Only 8 slots available.

Congratulations Are In Order.....

To Karen Jordan, Plant Manager of the PBG, Nashville, Tennessee plant. Named Plant Manager of The Year in her region and to her plant on ranking #1 in several categories.

To Alixandra Hélène Binney (daughter of Nehama Jacobs & Ron Warner) on her Bat Mitzvah February 5th.

To Rachel Julie Manning (daughter of Sharon Hoffman * Michael Manning) on her Bat Mitzvah also in February.

To Kevin, Sheryl and Megan Rhodes on the marriage of Kevin and Sheryl on December 17, 2004.

If you would like to be included in this section email us with your information.



PUBLIC WORKSHOP SCHEDULE

2005 Courses

LEADERSHIP IN AN EMPOWERED ORGANIZATION	Feb. 23-25	Lonetree, CO	\$3,000
MANAGING CORPORATE CHANGE	March 1-3	Lonetree, CO	\$3,000
ADVANCED WOMEN MOVING FORWARD	March 8-10	Lonetree, CO	\$3,700
PRODUCTIVE RELATIONSHIPS	April 5-7	Lonetree, CO	\$3,000
WOMEN'S LEADERSHIP RETREAT	May 2-4	Vail, Colorado	\$4,200
ACHIEVING COMMITMENT	May 17-19	Lonetree, CO	\$3,000
WOMEN MOVING FORWARD	June 7-9	Lonetree, CO	\$3,000
TRAINING FOR CHANGE AGENTS	June 21-24	Lonetree, CO	\$4,500
PRODUCTIVE RELATIONSHIPS	August 9-11	Lonetree, CO	\$3,000
ADVANCED MEN'S COURSE	September 13-15	Beaver Creek, CO	\$4,200
MANAGING CORPORATE CHANGE	September 20-22	Lonetree, CO	\$3,000
WOMEN MOVING FORWARD	October 18-20	Lonetree, CO	\$3,000
PRODUCTIVE RELATIONSHIPS	Nov. 29, 30-Dec. 1	Lonetree, CO	\$3,000

To register for any course, retreat, or conference, contact our office. We also accept MasterCard & Visa

***There is a \$500 discount when two or more people attend the same \$3,000+ workshop from The same company and location.
You must register together and attend together***

All prices are subject to change. No refunds are given.

