

# What's News

October 2008

## Susan Van Vleet Consultants, Inc.

9220 KIMMER DR., SUITE 245, LONE TREE, COLORADO 80124

PHONE (303) 660-5206 FAX (303) 814-8217

WEBSITE: [svanvleetconsult.com](http://svanvleetconsult.com) E-MAIL:

[svvconsult@svanvleetconsult.com](mailto:svvconsult@svanvleetconsult.com)

### Don't Panic, Remember What You Know

No doubt about it this is a pretty wild time. Uncertainty swirls around us all. You can watch the people around you doing their version of panic. For some it is withdrawal from people, for some eating bad food, some become cranky, for some it is depression, for some blame others, some blame themselves. For some it is becoming immobilized by sitting and worrying. Some stop whatever works like attending church, exercise, having your hobbies, etc. (Thank god *we* aren't doing those things just others around us.) What to do? What to do?

Well this is a very good time for a lot of you to remember you have taken **Managing Corporate Change**©. It is a good time to remember the lessons of that course...if you haven't taken it come along for the ride through the lessons, IT WILL HELP.

Remember from the change model, the first phase of change is you will have an **emotional reaction**. If you keep those emotions inside and don't acknowledge them they will get worse. Kept in inside too long you will start to do A-Z thinking, awfulizing, catastrophizing, making up worst case scenarios and living like they are true. Stop it! For those of you that can find it break out your MCC notebook and get out an Emotions Worksheet. If you can't find it brainstorm a list with family or co-workers of every emotion you are feeling. Listen to each other DON'T commiserate. Especially, dig up the emotions you have been hiding deep inside. The more you talk the more the emotions will diminish. In this chaotic time, this is one of the things you have absolute control over: The expression of **your** emotion.

Though it may seem irrational think and talk about the possibilities. Is this a time to go back to school? What have you always dreamt of but never expressed? Changing careers, living abroad, using this crazy time to reconnect with family and friends, do that family genealogy you always said you wanted to do. Start playing with the questions “What do I want?” “What *could* I do?” Don’t assess them, just play. If you are through the emotions you should be able to do this. If you can’t go back to the emotions rinse and repeat. My dream is to do the **Men’s Course**© and **Productive Relationships**© all over the world. To train on every single continent in as many cultures and countries as possible. What’s yours? What’s your dream? Say it out loud. Tell some one. Write in and tell us. Don’t keep it inside. Talk about dreams and what could be, is far healthier than sitting around obsessing about Wall Street, or Congress.

Help others. If you’re feeling sorry about yourself perhaps it is time to head down to the homeless shelter to volunteer. Maybe it’s time to reach out to a co-worker or neighbor that’s in worse shape than you. When in doubt contribute don’t complain. That possibility is always open.

Make requests. Put it out there. Tell your boss, spouse, subordinates, co-workers what you really want. Future Action +Time. Remember? Quit suffering in silence, being sarcastic, hinting, trying to do it yourself. Quit bitching and complaining. Quit bunkering in and sucking it up. Ask for help, ask for a conversation, ask for what ever you need. Make a request.

If this isn’t enough, call. If this isn’t enough we have set up a **Managing Corporate Change**© Course in New Jersey **November 18-20**. It is for both those leaving companies and those in companies that are jolted by the current changes. Recommend those around you in pain to attend. Come and review the course for yourself. If this isn’t enough have us come in and do a **Managing Corporate Change**© class for your staff. If they’ve already been through it have us come in and do a one day follow up. If this isn’t enough create something that is.

Express your emotion, create possibilities, make requests, don’t panic.

## **Managing Corporate Change    November 18-20    New Jersey**

This very special course is designed to help people with the corporate change they deal with every day. If you are interested in attending give us a call. John Van Vleet leads this 2 & 1/2 day workshop. Cost is \$3500 per person. Discounts are available for companies that send 2 or more to this workshop.

**\*\*\*\*\*Special Announcement:**

**Christal Fisher, retired VP of Mary Kay, wants to bring a Women Moving Forward Workshop and Celebration Dinner for Women Moving Forward Graduates to the Dallas area. She will need 10 participants in the workshop to have this happen in the Dallas area.**

**October 21-23, 2009 are the dates for the workshop and the 30<sup>th</sup> anniversary celebration dinner would be on Friday Oct 23.If you would like to join with Christal and help her do this in Dallas She asks that you can contact her ASAP at:**

**[christal@christalfisher.com](mailto:christal@christalfisher.com)**

**Women Moving Forward® Workshops 2009**

**January 13-15 in Scottsdale, AZ Scottsdale Conference  
Center**

**April 14-16 in Cincinnati, OH Hyatt Hotel**

**June 16-18 in Princeton, NJ Hyatt Hotel**

**October 21-23 Dallas, TX**

**December 2-4 Lone Tree, CO SVVCI Offices**

Registrations are now open for all 2009 Women Moving Forward Workshops.

**Women Moving Forward® 30<sup>th</sup> Anniversary Dinner Celebrations**

**If you are a graduate of WMF and you would like to celebrate with your fellow WMF® Graduates here are the dates for the celebration dinners around the US:**

**January 15 Thursday Scottsdale Conference Center**

**April 16 Thursday Hyatt Hotel Cincinnati**

**June 18 Thursday Hyatt Hotel Princeton**

**October 23 Friday Dallas, TX**

**December 4 Friday Lone Tree, Colorado**

**Anyone who is a Women Moving Forward® Graduate can attend any of the dinners for no charge.**

**PRODUCTIVE RELATIONSHIPS© Dec. 2-4 2008 Chicago  
February 24—26 & June 23-25, 2009 Denver**

The Productive Relationships workshops are still available for registrations.

This workshop will help you develop the skills to deal with any relationship you have even the most difficult ones. It is a wonderful next step after Women Moving Forward®.

John would be happy to speak with anyone interested in attending.

**THE WOMENS LEADERSHIP RETREAT© May 5-7, 2009**

The Retreat will be a wonderful experience. We will have 12 women coming together to have some very important conversations with each other. This special Retreat is open to women from any company who are graduates of Women Moving Forward® and who are at Director level and above.

2009 has already been scheduled and opened for registration. There are already 9 spaces that are taken for 2009 and **only 3 spaces remain**. If you plan to attend please let Susan know as soon as possible. We expect it will be filled by November 2008.

**NOTE: If you are interested in bringing any of our workshops to your company we would be happy to speak with you about that.**

**Or if your company wants to purchase a group of spaces in our public workshops and enjoy a larger discount contact us for more information. There is a corporate discount for companies that buy 10 or more spaces at a time. These spaces can be**

used for the same workshops or different workshops over a period of 1 year from the time of purchase.

Spouse and Partner Discounts

We offer spouse or partner discounts. If you have taken a course you would like your spouse or partner who would not be paid or reimbursed to take the course by their company can attend for half price. The only courses not included in this policy are the Women's Leadership Retreat and the Advanced Men's Course.

**Congratulations are in Order.....**

**To Christina Griggs and her family on the birth of their son; Jack Tibbetts Griggs Wednesday Oct. 1  
He weighed 7lb. 9oz. and was 20.5 inches long.**

**To Elisa Velasquez and her family on the birth of her daughter; Ariana Elena on Aug. 27. Eli will be back to work in January 2009.**

**If you have an announcement you would like to have in the next newsletter please let us know.**

# PUBLIC WORKSHOP SCHEDULE (9/17/08)

All prices are in US Dollars

<b>2008 Courses</b>			
WOMEN MOVING FORWARD®	October 15-17	Lone Tree, CO	\$3.
PRODUCTIVE RELATIONSHIPS©	October 21-23	Lone Tree, CO	\$3.
ADVANCED MEN'S COURSE©	October 28-30	Vail, CO	\$4.
PRODUCTIVE RELATIONSHIPS©	December 2-4	Chicago, IL	\$3.
<b>2009 Courses</b>			
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE©	January 12-16*	Lone Tree, CO	\$5.
LEADING PROJECTS THROUGH RELATIONSHIP, COMMITMENT & PURPOSE©	January 14-16**	Lone Tree, CO	\$3.
WOMEN MOVING FORWARD®	January 13-15	Scottsdale, AZ	\$3.
PRODUCTIVE RELATIONSHIPS©	February 24-26	Lone Tree, CO	\$3.
SMART PEOPLE: MANAGING & RETAINING GIFTED EMPLOYEES©	March 10-12	Lone Tree, CO	\$4.
WOMEN MOVING FORWARD®	April 14-16	Cincinnati, OH	\$3.
WOMEN'S LEADERSHIP RETREAT -Make-Up Day	May 5-7 May 4	Beaver Creek, CO	\$4.
PRODUCTIVE RELATIONSHIPS©	June 23-25	Lone Tree, CO	\$3.
WOMEN MOVING FORWARD®	June 16-18	Princeton, NJ	\$3.
ADVANCED MEN'S COURSE	October 13-15	Vail, CO	\$4.
WOMEN MOVING FORWARD®	October 21-23	Lone Tree, CO	\$3.
TRAINING FOR CHANGE AGENTS	November 3-6	Lone Tree, CO	\$5.
WOMEN MOVING FORWARD®	Dec. 2-4	Chicago, IL	\$3.

\*TO INCLUDE A REQUIRED 2-DAY PRODUCTIVE RELATIONSHIP WORKSHOP

\*\*FOR THOSE THAT HAVE MET THE PREREQUISITE ATTENDANCE OF PRODUCTIVE RELATIONSHIPS

***Spouses and Partners of Course Graduates can attend the Course for half price***

***(this offer does not include the Advanced Men's Course or WLR).***

***To register for any course, retreat, or conference, contact our office.***

***We accept MasterCard, Visa & American Express***

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

***You must register together and attend together***

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

**E-MAIL: [svvconsult@svanvleetconsult.com](mailto:svvconsult@svanvleetconsult.com)**

