

What's News

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O.K. – You’ve Convinced Us.....

Yes you have, you’ve convinced us, we now believe that some of you out there are in horrible shape.

Your company has you doing 2 or 3 jobs. Your family is suffering from neglect. And if that wasn’t enough, a new Zogby poll says that 25% of you making \$75,000+ are more scared of losing your jobs than all your lower income counterparts.

Given our backgrounds that means you are more than stressed, you are obsessing and you are working harder and longer than ever before all the while feeling less productive both at home and at work.

So what do we recommend you do about this overload you have?

First sit down for about 15 minutes and start writing down the things you “must” do at home and at work.

Not what you think you have to do, but the “must do things” that if you don’t do them you’d get fired or divorced!

Once you have a list of those things start writing down the things other people “want you to do” that are not as important as the “must do’s”. Then look at how you can delegate those or hire someone to do them or tell people you won’t do them.



We don't have someone clean our house because they are so much better than us at cleaning – we do it because we don't want to spend what little free time we do have cleaning the house, mowing the lawn, etc.

We have an assistant come in three times a week to do work at our office, too – because it leaves us free to talk with you.

Next, make a list of things you WANT to do, but haven't found the time to do yet – either with family or by yourself.

Then make sure you schedule doing one of those things every month. We really wanted to say *weekly*, but we know some of you would think that was totally unrealistic.

Start small. Like go home ½ hour earlier than normal maybe 1 day a week. Or, don't take work home at all 2 days a week.

Last but certainly not least, if your company is doing well and has made record profits it may be time to push back for more staff.

Please let us know how you are doing and what steps you're taking to get out from under. We'd love to hear from you.

Susan and John Van Vleet

In Memoriam

Jan Powell, a wonderful young woman from P & G, a graduate of Women Moving Forward, died unexpectedly at her home from a blood clot in her lung. She was 42 years old. The family has asked that donations be made to the American Diabetes Foundation.

We wish Jan's family and her friends our condolences on the loss of a terrific woman at such a young age.

We will all miss her.



Thanks....

To everyone who sent a card, e-mail or present on our 25th anniversary, we thank you.

This is the first time we have spent 10 days alone together without doing work since we had our children. It's nice to know we still like each other's company and that we are still in love!!!

There is light at the end of the tunnel for those of you just starting out.

Susan and John Van Vleet

Congratulations are In Order....

To Katherine Meacham Hamlin on her promotion to V.P. of Strategic Development with Health Fitness Corporation in Knoxville, Tennessee,

To Jennifer Searles on her promotion to Technology Leader in Material Engineering at Procter & Gamble

To Valerie Hodgson on finishing the Phoenix, Arizona Marathon in 6 hrs, 37 minutes and 21 seconds. **You Go Girl!**

To Adam Van Vleet on his acceptance to the University of Colorado at Denver

To Maria Malchiondo on her new job as HR Manager for Kohl & Frisch Limited in Ontario, Canada

NOTE: Some of our spring workshops like Productive Relationships and Women Moving Forward are filling up – so contact us if you have someone to register or you want to register yourself.

By the way, the Women Moving Forward workshops in Toronto, Canada and Santiago Chile are open to U.S. citizens as well. If you know you want to reserve space in these, let us know.



PUBLIC WORKSHOP SCHEDULE

2004 Courses

MANAGING CORPORATE CHANGE	March 30 - April 1	Lonetree, CO	\$3,000
ACHIEVING COMMITMENT	April 13-15	Lonetree, CO	\$3,000
TRAINING FOR CHANGE AGENTS	April 20-23	Lonetree, CO	\$4,500
PRODUCTIVE RELATIONSHIPS	April 27-29	Lonetree, CO	\$3,000
WOMEN'S LEADERSHIP RETREAT	May 3-5	Avon, CO	\$4,200
WOMEN MOVING FORWARD	June 8-10	Lonetree, CO	\$3,000
MANAGING CORPORATE CHANGE	August 10-12	Lonetree, CO	\$3,000
PRODUCTIVE RELATIONSHIPS	August 17-19	Lonetree, CO	\$3,000
WOMEN MOVING FORWARD	September 7-9	Santiago, Chile	\$3,200
WOMEN MOVING FORWARD	September 28-30	Lonetree, CO	\$3,000
ACHIEVING COMMITMENT	October 12-14	Lonetree, CO	\$3,000
WOMEN MOVING FORWARD	October 19-21	Toronto, Canada	\$3,200
ORGANIZATION MAN MEETS ORGANIZATION WOMAN	November 9-11	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.

