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*My aim is to give you access to a wide variety of proven tools to help you live life to the full.*

Teresa McBride

*«GreetingLine»*

*Merry*  *Christmas*  


*Christmas is a time when we can get so lost in busyness that we forget how to take care of ourselves. Why not take a moment to read down my list and reconnect with the most important person in your life - you!*



**C** is for commit. Commit to being your own best friend. Give yourself the same encouragement you would to your child or a good friend.



**H** is for being human! We all make mistakes, fall short of our own high standards at times and do things we never intended - join the human race! Let's forgive ourselves and move on.



**R** is for resist. Resist the temptation to compare yourself with others. You are an irreplaceable person with unique gifts, perfect for the role that only *you* can fill.



**I** is for invest. Invest in friendship. It's what makes life rich and wonderful. You can't be a friend without having one.



**S** is for seven. Spend seven minutes every day imagining and feeling having what you desire. Do it until you know your desire belongs to you, as you know your face belongs to you.



**T** is for trust. Trust that Life is always on your side. The Power that created the universe knows what *you* need. Its only wish is that you have abundance on every level. Negative thinking disrupts the flow of all that is good to you



**M** is for miracles. They do happen! So why shouldn't you receive one? Just ask!



**A** is for acknowledgement. A heart-felt compliment sincerely given is a beautiful gift to another human being. Acknowledging *yourself* is the royal road to

wellbeing.



**S** is for special. Burn the candles, sleep on the expensive sheets, wear the fancy lingerie. Don't save for a special occasion. Every day you are alive on this beautiful planet is special and *YOU* are too!



## What's On?

### **A FRESH START FOR YOU IN 2011**

Wellington Park Hotel, Malone Road, Belfast on the 8<sup>th</sup> of January 2011  
from 9 30 am - 1 00pm

As a member of Fresh Start Associates I'm delighted to be part of this really exciting event for women of all ages.

FreshStart Associates invites you to come along for an inspirational morning dedicated to the wellbeing of women in mind, body and spirit in 2011. Start your year the way you mean to go on....by valuing YOU!

# A FRESH START FOR YOU IN 2011



**SATURDAY 8 JAN 2011**

9.30AM - 1PM. WELLINGTON PARK HOTEL, BELFAST

AN INSPIRATIONAL MORNING DEDICATED TO THE  
WELLBEING OF WOMEN - MIND, BODY AND SPIRIT.

Fantastic Xmas gift for the women you love.  
£35pp or 2 for £60

FOR FULL INFO OR TO BOOK YOUR PLACE...  
[WWW.FRESHSTARTCOACHING.CO.UK](http://WWW.FRESHSTARTCOACHING.CO.UK)  
TEXT 'FRESH START' TO 07974223776  
TEL 028 95 810081



women's aid  
Equal and Different

FreshStart  
ASSOCIATES

## “Vital Nutrition’s Simple New Year Detox”

Keynote Presentation - by leading Nutritional Therapist, Jane McClenaghan

## Break Out Workshops

Your choice of *two* of the following workshops -

**“Boost Your Self-Esteem”**

with Life Coach, Marie Casparsson-Buser

**“Emotional Freedom from Food”**

with Emotional Freedom Technique Practitioner, Bridin McKenna

**“Creating Your Vision for 2011”**

with Life Coach, Maureen Butler

**“Programming Yourself for Success”**

with Neuro-Linguistic Programming practitioner, Dr Siobhan King

Keynote Presentation - “Serenity Secrets for Busy Lives” with stress management expert, Teresa McBride

**£35 per person or 2 places for only £60.**

*This would be a fantastic Christmas present for a friend. Gift vouchers available.*

Raffle in support of Women’s Aid with fantastic prizes including free 1-1 sessions with each of the presenters.

Book your place now by going to [www.freshstartcoaching.co.uk](http://www.freshstartcoaching.co.uk)

**Love Yourself Heal Your Life: A one-day Louise Hay workshop**

Next date: Saturday 26<sup>th</sup>. February 2011 at Belmont Tower, Belfast

More info and booking at [www.teresamcbride.co.uk](http://www.teresamcbride.co.uk)

**Positive Living Network**

Wellington Park Hotel, Belfast Wed. 26<sup>th</sup>. January (and last Wed. of every month)

This is fast becoming the place to be each month to get inspired, connect with like-minded people, enjoy a cuppa and leave feeling energised and motivated.

More info at [www.positivelivingnetwork.com](http://www.positivelivingnetwork.com)

and finally ..... If you’re wrecking your brain trying to think of some “stocking fillers” for presents, why not give someone the gift of wellbeing which will stay with them long after the decorations have been packed away! You can order my CDs right away at

[www.teresamcbride.co.uk](http://www.teresamcbride.co.uk).





**“Nature does not hurry, yet everything is accomplished.”  
Lao Tzu**



**Services:**

- Hypnotherapy
- Life Coaching
- Wellbeing at Work Courses
- Effortless Living Workshops
- Confidence Workshops
- Pampering Days
- Louise Hay Workshops
- Inspirational Talks

**Unsubscribe** at [newsletter@teresamcbride.co.uk](mailto:newsletter@teresamcbride.co.uk) from this list.

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