

From: Laurie laurie@nowandnext.co
Subject: Now & Next Newsletter: Holiday 🎄 , Reality Check 📄 , and Meditation 🙏 - A must Read!
Date: November 21, 2018 at 4:28 PM
To: Cynthia cksmithcom@gmail.com



Welcome to the Holiday edition of the Now & Next Newsletter!

What you will find inside is:

- My latest blogs and podcast about life and ways to maintain a healthy perspective
- The Hokey Pokey: What's it all about?
- Keys To Long Term Success
- Success Stories

The holidays are rapidly approaching and a time that we traditionally focus our attention on gratitude. We celebrate family, friends, co-workers, and success. The stressors of the season also increase. Commitments for celebrating increase, shopping for the perfect gifts that show love and appreciation can become challenging, tolerance for the long lines and expectations increase. This month's articles are sent to help settle your mind and body. It's all good!

My intention is to bring perspective to challenges and obstacles that life always provides us. Katie Hoffman, the founder of the Stress Intelligence program I am certified in says, ***"Stress is not the problem, it is our reaction to it"***. Learning how to manage our reactions is highlighted in the articles, What If the Hokey Pokey is What It's All About, and in The Key to

Success and Happiness.

My goal is to offer useful information that sparks a thought of how you can be a better leader and team member.

I always look forward to your feedback.



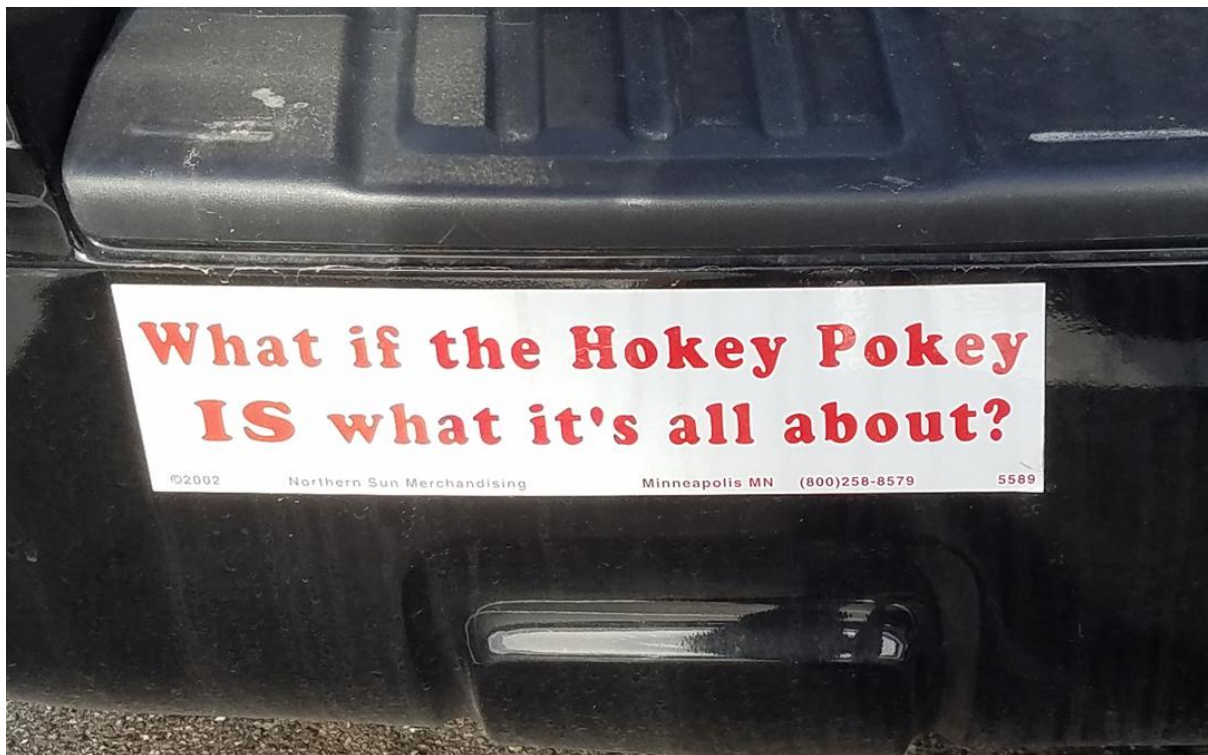
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What if the Hokey Pokey IS what it's all about?

A man went to the top of the mountain where the Master was sitting. He said, "**Master, what's the meaning of life?**" The Master looked at him intently and spoke into his soul: "**You do the hokey pokey and you turn yourself around. That's what it's all about.**" When I saw the bumper sticker the other day, I thought, "what a funny joke!," but then I thought, "what a serious joke it is, too."

Life has a way of turning us around when we least expect it. In the song, "You turn

yourself around” has deep implications when it’s time to make a change and you want to be the change.

3 tips I see from the wisdom of the hokey pokey are:

1. **When you put all the different parts of yourself into the mix—your feet, hands, and head**—you’re getting ready to transform everything. Getting ready looks like evaluating where you are now, inventorying what is working and what isn’t, and making a plan for change.
2. **Then you put your whole self in and shake it all about** by committing to the plan and working it. Shake up the status quo and do things in a new way.
3. **You do the hokey pokey** by having fun, not taking yourself too seriously, and allowing for adjustments along the way. Then you turn yourself around.

And that’s what it’s all about!

If you don’t know about the hokey pokey, here is a short kids YouTube video,

https://www.youtube.com/watch?v=QfPg_GzC-HA&t=0s&list=PLZrZzlcba4Jh2NJgrQyiHAe6Ihqe4EyB&index=2

Have fun and remember: life is short; make it sweet!





The Key to Outer Success and Inner Happiness

There are two sides to life success

The **outer side of success** is most obvious. It is the accomplishments we see in others and ourselves. Those successes are visible in financial rewards, career advancement, nice homes, expensive cars and other "things." Outward success is the image of monetary achievement. We all want and deserve this kind of success, but it can be easily lost when changes outside our control happen: illness, loss of a job, a failed marriage, financial market fluctuations, etc.

Recognizing the **inner side of success**, which includes deep happiness, is the golden key to continued success. Inner success is achieved when we experience an ... [Read More...](#)



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Testimonials

Personal Coaching....

"Laurie helped the Greater Cincinnati Foundation work through some tough personnel issues. She is a good listener who gained the trust of both employees and management, which was essential in working toward a "win-win" solutions. Our company will ask for Laurie's help any time we have difficult HR issues that require an independent third party to provide some coaching and insight for employees or employee assessments for management. I highly recommend Laurie Althaus of Now & Next to assist your organization with personal coaching and employee assessments."

~ The Greater Cincinnati Foundation

Stress Intelligence Coaching...

"I enrolled in Stress Intelligence training before tax season hit. The training with coaching helped me to see how my thoughts were feeding my reactions to stressful situations. This tax season is going to be different for me because I am settled and not feeding my stress. Laurie is an excellent coach. Her approach is direct, fun, down to earth and she clearly has her clients' best interests in mind."

~ Mike, CPA

Business Coaching...

"I first worked with Laurie in the Cincinnati Regional Chamber We Lead leadership program when she was assigned to me as a business coach. She was supportive, empathetic, strategic and insightful. The guidance I received from Laurie and ultimately applied to my professional life, was nothing short of transformational. My experience with Laurie during the leadership program had so much impact on my life, that I called her again, more than four years later to help me see a clear path forward as I took another leap as an entrepreneur. Laurie gets to the heart of the matter, no fluff, and she is brilliant at identifying very specific strategies and tools you need to achieve your goals. I recommend Laurie to everyone I know that is in transition and needs a transformational coach to guide them to the next step in living their best life, NOW."

~ Regina Carswell Russo, Brand Storyteller/Media Messenger

Your business grows at the pace of your personal growth. Continue exploring and learning about how to be better at business and life.

If you would like to learn how we might work together to achieve your business or personal goals, please reach out.



The Coaching Process

When you are engaged in a Now & Next coaching program Laurie guides you through a

customized process, designed to help you clarify your priorities, identify obstacles, and create a practical action plan. When that plan is implemented with follow up accountability, you are best able to achieve the results you are seeking. [Learn More...](#)

Check this off your list! Call today and learn how you can develop your best plan to move forward!

About Laurie

Laurie Fitzgerald Althaus, the entrepreneur behind Now & Next, is a seasoned personal and Business coach. She excels in helping individuals and teams perform more effectively, develop and improve their leadership and communication skills, teach progressive stress management methods, change ineffective behavioral obstacles. Her clients include executives, manager, business owners and their teams. [Keep Reading...](#)

WHAT'S NEXT FOR YOU?

To learn more about how Laurie can coach you to your own definition of success, call 513.703.3891, or visit <http://www.nowandnext.co/coaching-process/>



I want to thank my circle of teachers, coaches, clients, and administrative team, who help me to be my best self, knowing that tomorrow may bring even more.

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2444 Madison Road
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