

# The “why” groundwork for making change in 2013

**N**ow that the stress of the festive season, and the disappointment of broken New Year’s resolutions is behind us, it is time for a new start and a fresh approach to framing our behaviour in the coming year.

The old approach of just using your willpower and goal setting doesn’t work for most of us when making changes. Something always seems to get in the way. Maybe some smaller changes might be better, making you feel better and laying the ground work for having a solid foundation that helps you build the life you desire.

So, before you try to make big changes, you also need to get happier first. One thought is that we don’t get happy because we are successful but we become successful because we are happy. De-stressing and enjoying life will increase your chance of success with your goal.

Research shows the path to happiness includes a mixture of:

- Meditation
- Journaling
- Doing the things you are good at
- Helping others
- Exercise
- Do things you enjoy- its not selfish but essential
- Being grateful and express it (3 things each day)
- Practicing forgiveness
- Watch what you say to yourself and others
- Speak positively about life, yourself and others
- Resist putting yourself down, talking about how hard things are
- Do stress reduction strategies like deep breathing a few times a day to lead to greater calm
- Allow yourself that massage, it calms your body and mind and gives you the head space to be better to yourself
- Be around happy people and those that support you
- Stay away from people who do the things you want to cut out
- Art Markman suggests changing your email address or password to reflect your goals.
- Surround yourself with things that make you happy
- Clean up your room, house, office etc and throw out lots of stuff that doesn’t reflect who you are and where you want to go. If your space is sorted then it is easier to think and do what you need to do to move forward

Lastly, think about why you want to make the change. Like you want to exercise to give yourself more energy during the day, to fit into your clothes better and the health benefits to your body.

The ‘why’ for making a change, gives you motivation as it gives you a motive (reason) for action.

Engage your imagination to imagine how it feels to be the person that has achieved this goal. Counselling with EASA can help you de-stress and help sort out also what is getting in the way of achieving your goals. So stay calm, be happy and enjoy. ●



Head to the Law Society Website, [www.lawsocietynt.asn.au](http://www.lawsocietynt.asn.au), and click on the links.

## 2013 Public Workshops Calendar

EASA conducts a wide range of public workshops. These programs are open to anyone. Public workshops are held at the EASA training room in our Stuart Park office. Plenty of free parking is available behind the building. Please note that 16 places are available for each workshop but we do require a minimum of six participants in order for it to run. A confirmation email will be sent out 7 - 10 days prior to your workshop.

All Public Workshops can also be customised and delivered to Government or Private Organisations either onsite or at the EASA offices. Please contact our Training and Development staff for more information.

Date	Workshop	Cost	Duration
4 March	Personal & Professional Stress Management	\$132	Half Day
6 March	Conflict Resolution	\$255	Full Day
11 March	Career Planning	\$255	Full Day
13 March	Tools for Assertive & Effective Communication	\$255	Full Day
18 March	Mediation Skills for Managers	\$255	Full Day
3 April	Train the Trainer	\$255	Full Day
8 - 9 April	Management in the 21st Century	\$510	2 Full Days
11 April	Appropriate Workplace Behaviours (STAFF TRAINING)	\$250	Half Day
16 April	Appropriate Workplace Behaviours (MANAGER'S TRAINING)	\$350	Full Day
24 April	Develop Team Success Through Workplace Coaching & Mentoring	\$255	Full Day
8 May	Work Life Balance	\$255	Full Day
16 May	Tools for Assertive & Effective Communication	\$255	Full Day
22 May	Conflict Resolution	\$255	Full Day
5 June	Dealing with Dysfunctional People in the Workplace	\$255	Full Day
17 June	Cultural Awareness	\$255	Full Day
26 June	Advanced Communication	\$255	Full Day

**FULL DAY WORKSHOPS:** 8.30am - 4.00pm Morning and afternoon tea and lunch provided

**HALF DAY WORKSHOPS:** 8.30am - 12.00 noon Morning tea provided

**TOLL FREE:** 1800 193 123 (NT Only) | Darwin (08) 8941 1752 | Alice Springs (08) 8953 4225 | Katherine (08) 8941 1752 | 2nd Floor, Highway Arcade, 47 Stuart Highway, Stuart Park, Darwin

## Customised Training

All of EASA's training programs can be readily customised to meet the specific needs of your organisation. At EASA we are dedicated to assisting organisations develop the personal skills, knowledge and behavioural competencies required of employees to achieve business goals.

Customised training enables clients to meet specific needs. Clients can choose the time, date and duration of their program. Participant numbers are negotiable and consultancy rates are available on request.

Workshops topics include:

- Assertive and Effective Communication
- Conflict Resolution
- Dealing with Difficult People and Situations
- Time Management
- Stress Management
- Customer Service
- Coaching & Mentoring
- And many other topics covering the "human aspects of management"