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In this issue:

- Training at The Coaching Academy in London, UK, February 2010
- Our current coaching activities
- Coaching topic: Helping others

TRAINING AT THE COACHING ACADEMY IN LONDON, UK, FEBRUARY 2010

Slađana Milošević attended 2 days training (Certificate in Personal Coaching) at The Coaching Academy in London.

More than 100 participants took part in this interesting training from all over UK, Slovenia and Serbia.

More about training programs and other activities of The Coaching Academy at: <http://www.the-coaching-academy.com/>



OUR CURRENT COACHING ACTIVITIES

Number of our clients is growing on a daily basis (entrepreneurs, corporations, ...).

In April we will deliver Intro Seminar on Coaching and Mentoring to HR Managers in Banja Luka, Republika Srpska.

We started preparation for individual accreditation of our leading coach&mentor.



COACHING TOPIC: HELPING OTHERS

Learning to help others is always the way to success!

Consider these tips for helping others and yourself:

- Don't feel like you have to make grand gestures or huge time commitments. Sure, helping can mean serving soup at a homeless shelter every week. But it also can mean:
- Calling a friend to see how she's doing
- Serving your spouse breakfast in bed
- Letting a car in front of you on the highway
- Smiling at a stranger in the street
- Holding the elevator door for your co-worker
- Vary your acts of generosity to prevent the experience from becoming ho-hum, advises happiness researcher Sonja Lyubomirsky, PhD, who also found that doing several kindnesses in one day gives the best boost.
- Beware of taking on too much, or you'll risk feeling resentful. When asked a favor, think it over before saying yes.

Source: <http://www.liveyourlifewell.org/go/live-your-life-well/others>