

bean there

a newsletter from baxter bean

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Career Coaching

Is the path you're on taking you where you want to go?

Are you happy in your current job?

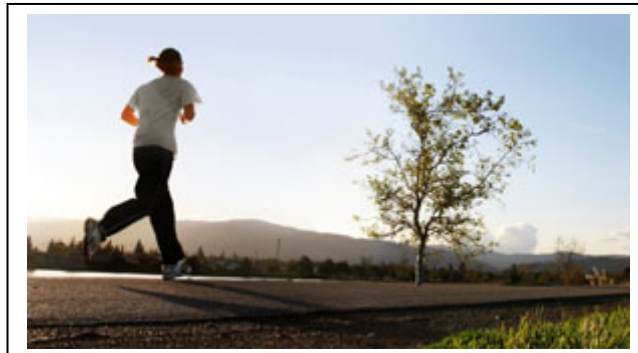
Do you need to build your communication or interpersonal skills in order to move to the next level?

Janet Wright, principle with Baxter Bean, offers **Career Coaching** to help you find the right career for your skills and develop the right skills for your career.

To learn more, call Janet Wright directly at 403-703-2565 or e-mail her at janet@baxterbean.com.

The Summer Advantage – All Year Long

Are you taking full advantage of the summer? With the warmer weather, longer days and perhaps a more reasonable pace at work, summer is the perfect time to rest, regenerate and get fit.



Although many of us naturally lead more balanced lives during the summer, it is an important issue all year round.

According to Statistics Canada, Canadians are working longer hours than ever before. The personal cost of our intense focus on work can be fatigue, illness, depression, burnout and, in the end, lower productivity. Stress-related disorders due to overwork cost Canadian businesses too -- about \$12 billion annually!

Preventing stress overload means building in time for rest and regeneration. It means working on "total fitness" - fitness of the body, mind and soul.

Body

Good physical conditioning is the foundation to total fitness. There are three keys to physical fitness:

- Regular exercise - aerobic, strength and flexibility. Start small, anything is better than nothing.
- A healthy diet - including lots of fresh fruit and veggies. There is lots of good advice available. Canada's Food Guide is still a good, sensible basic.
- Sleep - get enough every night. Try to have regular sleep/wake times.

Mind

Mental/emotional fitness means having a positive attitude and being able to bounce back from set-backs. It means being able to focus and think clearly.

- Create strong relationships. Regularly share your feelings with a friend.
- Learn to be assertive and feel comfortable saying "no".
- Detoxify your environment - remove yourself from negative people.
- Make sure you are getting enough mental stimulation. Take on challenging projects at work, have meaningful discussions/debates about ideas, do puzzles/quizzes to keep your mind working.

Soul

Fitness of the soul is having meaning in your life – a sense of purpose.

- What is most important to you? Once you analyze your values, make them a priority. Are you spending enough time on these priorities?
- Take time to pull back from the day-to-day routine and look at the big picture - gain some perspective.

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Terry Fox Run

The 25th annual Terry Fox Run to raise money for cancer research takes place Sunday September 18th.

Terry Fox was an inspirational leader and an amazing young man. To date, more than \$350 million has been raised in his name. The Baxter Bean team will be running to celebrate Terry's life and accomplishments.

Why not join us – come yourself, bring friends or form a corporate team of your own. For more information, go to www.calgaryterryfoxrun.org.

Butterflies?

Putting an audience to sleep is a far greater presentation offense than being nervous! Being nervous is actually a very good sign – a sign that shows you care about your presentation delivery.

Let Caroline Berglund of **Stand and Command** show you how to get those butterflies flying in formation through her next presentation skills development workshop. Visit www.standandcommand.com for more.

The Summer Advantage – All Year Long...continued

Soul...continued

- Practise relaxation techniques. Meditation is a great way to relax and clear the mind. Although it may sound somewhat mystical, it is really a very simple process. Sit quietly in a place where you will not be disturbed and concentrate on your breathing. Whenever a thought enters your mind, gently let it go and re-focus on your breath. Ten or twenty minutes of this clears your mind and helps you to achieve a sense of calm.

We know what is involved to take care of our body, mind and soul. What we also know is that it is sometimes easier said than done. If you are having trouble getting started, there is plenty of help available! Personal trainers can help you get physically fit; a dietician can help with your eating habits.

Baxter Bean offers Business and Career coaching to help with professional and personal development. For more details, call Janet Wright directly at 403-703-2565 or e-mail her at janet@baxterbean.com.

The New Loyalty

Over the past 20 years, our work environments have certainly changed dramatically.

Employee values and attitudes have been influenced by massive restructuring and downsizing and a significant diversification of our workforce. Is loyalty between employer and employee still possible?

Absolutely! But it requires a different approach for both employers and employees.

Join us for a workshop on "The New Loyalty" - Wednesday October 5th, from 8:00 - 11:00 am. Location - The Calgary Chamber of Commerce - 100 - 6th Ave S.W.

You will learn:

- The major influences on our current work climate
- A new definition of loyalty
- Top reasons employees stick with their employers
- Six keys to building employee loyalty

Find out how you can start building loyalty within your team - investment is just \$49.

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Why choose Baxter Bean?

Baxter Bean has a team that is motivated and experienced, and we will work to understand the current skill set of your organization and develop an improvement strategy that fits your company. We will provide honest consulting not as a provider, but as a partner.

The net result of working with us will be enhanced productivity, improved employee retention, maximized return on activities and enhanced moral.

We are... honest. We'll combine our expertise and provide honest feedback.

We are...creative. No 'plug and play' training concepts here! We'll work to bring your program alive with real world situations based on your industry.

We are...results driven. What does that mean? You have an end in mind...we'll help develop the process and facilitate it to ensure your vision is reality.

We are...fair. Try us before you buy us! Yes, we're that confident that you'll find true value in what we have to offer.

Yes – I want to learn more about Baxter Bean

Now is your opportunity to receive a 1 hour free lunch and learn on a variety of topics from Baxter Bean. This free service - no hidden fees, or sales pitch, will give you a chance to see what we can do for you.

To sign up for this great opportunity, please e-mail Baxter Bean at info@baxterbean.com or fax your information to 403.264.1470 and reference the July 2005 E-zine 1 Hour Free Lunch and Learn Offer.

We look forward to hearing from you.

Name: _____

Company: _____

Tel: _____ E-mail: _____

Fax this page to Baxter Bean at 403.264.1470 and we'll follow up with a phone call or e-mail within three business days.