

# Keep It Simple!



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CEO Balance & Power, Inc and author of *SOAR!™ with Resilience*, an interactive book available in PDF online and in hardcopy: blends mind-body modalities and strategies for success with core life, business and career coaching competencies. <http://www.balanceandpower.com>

“Reduce Holiday Stress” is a favorite topic this time of year in my workshop venues. I’ve come to the personal-professional conclusion that what all participants relate to for an easier season is keeping things simple.

I’ve an advocate of this philosophy year round- and I think we all go through phases and times where the “complicated version” is attractive and we go after that; with focus, clarity and an abundance of energy that can be a good thing. This time of year however, with an excessive number of “time robbers” around - traffic- family demands-shopping- it makes sense to stay with the basics and what matters most.

“Being stressed” is about feeling overwhelmed and out of control- and sometimes circumstances are beyond our control. I want to thank each of you in our Long Island Networking community for the wonderful venues and events provided this year and look forward to additional opportunities to build a strong network of caring business owners and colleagues

I am offering a workshop series in Baldwin to kick-off 2010, details below, as well as a “SOAR™” Teleclass Mastermind Series on the telephone which you will be hearing more about. I’ve just completed a teleclass series that was wonderful- and am excited about this next one.

**Give yourself the gift of less stress, increased focus, clarity, creativity, improved health and a terrific attitude!**

**Set Goals, Be Fearless &**

**SOAR™** : **When:** Weds: Jan 13, 20, 27 Feb 2, 10, 17 at 7pm - 8:30pm in Baldwin

**Love to Travel? Fear of Flying?**

*Be a Fearless Flyer with EFT and Desensitization Techniques*

Small Groups in Baldwin Saturdays January 16, 23, 30 ... 10:00AM - 11:35AM

\$75 for the series Register for 2: \$135

Sign up now ~ spaces fill quickly!

**MBSR (Mindfulness Based Stress**

**Reduction):** Breathwork, guided meditation and discussion

**EFT (Emotional Freedom Techniques):** Energy Meridian Tapping with powerful languaging and discussion. Find out more: [Emotional Freedom Techniques](#)

- Reduce anxiety, tension, fear, procrastination. Take Action and move forward with your goals!
- Reduce headaches, irritable bowel syndrome, blood pressure, panic attacks, muscular aches
- Improve back and muscle weaknesses
- Reduce mood swings and cravings
- Facilitate weight management
- Motivate toward a healthy lifestyle
- Boost immune system
- Improve sleep patterns

**Where:** The Balance & Power Center, Baldwin: a newly renovated, comfortable-cozy group setting

Cost: \$145 or register for two: \$249

Register:

[www.balanceandpower.com/events.php](http://www.balanceandpower.com/events.php)

or phone Eileen (516) 623-4353

**Reserve your space now!**

**Gift certificates available!**