



www.tycoaching.nz

tony@tycoaching.nz



XMAS NEWSLETTER from the desk of Tony Yuile



Hello again and welcome to the Xmas edition of my newsletter. For many people Xmas and the holiday season is a time to reflect on the past year and to think about, and start making plans for, the year ahead.

People tend to frame their goals and hopes for the coming year as New Year's Resolutions. Unfortunately, once the new year starts and we become immersed in our fast paced and challenging lives, our resolutions are soon abandoned or forgotten.

To give your resolutions and goals the best chance of success there's a vital question you need to answer upfront. Unless you know the answer to this question (see below), your ability to achieve your goal will be greatly reduced, and you may be required to expend more time and effort than necessary to achieve it.

Did you know that people who practice gratitude work harder at their goals? It's true! This is just one of the many benefits of practising gratitude. Below I set out the main benefits as well as dispel some of the myths surrounding gratitude. **If you only set**

one New's Year's Resolution I recommend it's to start practicing gratitude in 2017.

To round off this edition of the newsletter I've included **five suggestions for how to reduce anxiety and stress during the holiday season**. Anxiety and stress are particular issues I specialise in helping people resolve, and if they are impacting on your life, [simply get in touch with me](#), and we can explore how I can help make 2017 a healthier, happier year for you.

As always I trust you'll find this edition interesting, thought provoking and helpful. I welcome your comments and feedback.

My very best wishes for a joyous, relaxing, healthy holiday season.

Go well

Tony

LOOKING FOR A LAST MINUTE STOCKING FILLER FOR A LOVED ONE?

Are you struggling to think of a something different to buy a loved one for Xmas?

Here's an idea.

A 90 minute coaching session with me.

No ordinary gift - potentially life changing.

Imagine how awesome that would be for the person you love.

When you buy a gift voucher for a 90 minute session, you'll receive a 15% discount on my standard hourly fee.

To order your gift voucher simply email me at tony@tycoaching with the name of the person you would like the voucher made out to.

There's no expiry date on the voucher.

Sessions can be Face2Face and via SKYPE.

I use SKYPE when coaching people who live outside of Wellington or overseas.



STOP!

Don't set any New Year's Resolutions until you've answered this vital question

What do I need right now?

Why is answering this question so important when it comes to goal setting? Because when your goal or New Year's Resolution is aligned with your needs, goal achievement becomes so much easier and faster!

This vital alignment is often missing when we set our goals, with the result that our goals are never fully realised.

So what are your essential needs? And how do you discover how well they're being met?

[Read on to find out.....](#)



Could this be your best New Year's Resolutions ever?

There's a truckload of research proving that practicing gratitude has huge benefits for our well-being.

Practicing gratitude is a skill, and Xmas is a great time to begin forming the habit of expressing gratitude on a regular basis. There's so much to be grateful for at Xmas – such as the company of family and friends, food, presents, laughter, a break from work, so it should be easy to kick start the habit of expressing gratitude.

What is Gratitude?

Robert Emmons, the pioneering researcher on gratitude, defines it as:

The feeling of reverence for something given. It occurs when, thanks to other people, something good happens to us that we don't necessarily earn or deserve.

To learn more about the benefits of gratitude, and how best to record the things you're grateful for [click here](#).

Tony presented to approximately 10,000 people at the 2016 NLP Mindfest - a Global Event

In October **Learning Strategies** hosted a free, worldwide, on-line event , **the NLP Mindfest**, and I was honoured to have been one of 12 expert coaches asked to present at the event.

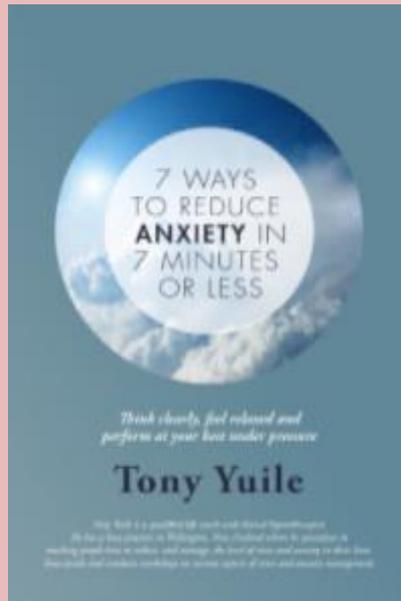
Neuro Linguistic Programming (NLP) is the study of excellence and the field contains many powerful tools and techniques for enhancing personal success and well-being.

During my session I shared some of the simple yet effective techniques I use with clients to help them overcome anxiety and reduce stress.

I received feedback from people all across the world and here is a sample of how people responded to my session:

- *“I loved the techniques you taught us especially the 3 point release.”*
- *“Loved your discourse, I found your work encouraging and so spot on.”*
- *“Thanks for putting me back on the right track.”*
- *“Thank you so much for what you have given us, and me.”*
- *“I listened to your Anxiety busting presentation and really enjoyed it, and took notes to share with others!”*

If you're suffering from anxiety or stress and would like to find relief [get in touch](#) and find out how I can help you.



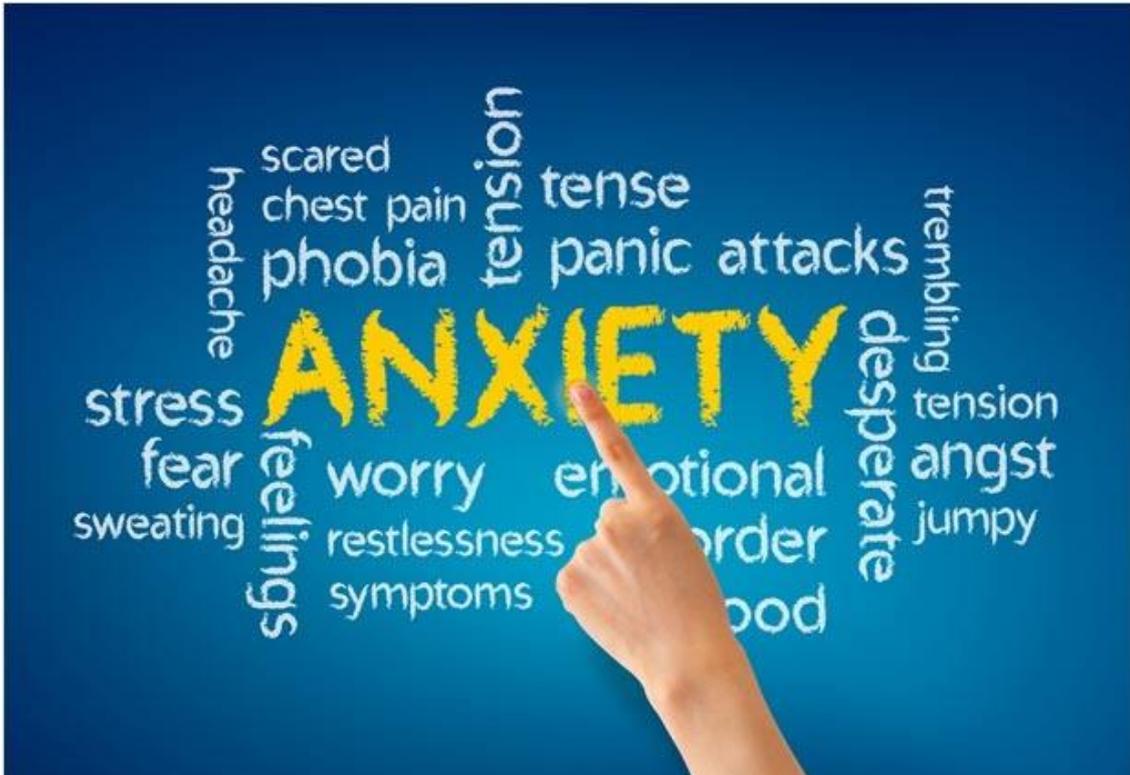
7 Ways to Reduce Anxiety in 7 Minutes or Less

Sales of my book "**7 Ways To Reduce Anxiety in 7 Minutes Or Less**" have been going well. If you're looking for a stocking filler, the book is available for purchase from Amazon Australia in [paperback](#) and [e-book](#) versions.

In addition it's now available in paperback from:

- me - purchase a copy directly from me and I'll autograph it for you!
- [the Book Depository](#) (free postage worldwide!)
- [Pinnacle Books](#) in Wellington
- [Absolute Therapy](#) in Wellington
- Wellington Central Library
- the National Library in Wellington
- the Chartered Accountants Australia and New Zealand Library

The paperback is priced at NZ \$15.



5 Suggestions for Reducing Anxiety and Stress during the holiday season
[Click here](#) for five suggestions for ways to reduce your anxiety and stress during the holiday season.

FREE 1 HOUR OVERCOME ANXIETY SESSION

Each month I offer a limited number of **FREE 1 hour Overcome Anxiety sessions**. Everyone who has taken advantage of this opportunity to invest in their well-being has experienced a reduction in their anxiety level, with some as high as 70%.

To learn more about this offer [click here](#). Places are limited so book yours today.

TonyYuileCoaching

Level 3, 5 Tory Street, Wellington

www.tycoaching.nz

Phone: 021 056 8389

Email: tony@tycoaching.nz

