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From: "Linda Orchard" <linda@safetynet4u.co.uk>
To: <contactlinda@talktalk.net>
Sent: 05 February 2008 12:15
Subject: 'L' is for Love - Are you loved up or fed up?



Reach for the Stars

Your 'change for the better' newsletter from Safety Net Development

PERSONAL SUCCESS FOR PROFESSIONAL PEOPLE

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Reading time:
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Dear Friend,

'L' is for the Launch

of a great new programme

***Singled Out!* has arrived**

If you know anyone who is single, read on. If not, feel free to skip down to the next article

Communication, interpersonal skills and relationship coaching in both personal and corporate settings is what we do best at Safety Net, and with this in mind, I'm really excited to be launching our great new programme on February 14th especially for those of you who are single and fed up with it.

Singled Out! is for you if Valentines Day makes you want to hibernate until dawn on the 15th February.

It'll change your life if you are nervous or tired of dating, have been hurt, attracting the wrong type of person (or no-one at all) or



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have recently come out of a long relationship and need to have your confidence boosted.

If you know anyone who needs to ditch old baggage left from previous relationships, who wants to move on with confidence, would love to feel really good about themselves again and would benefit from discovering how to look and feel more attractive (no matter what they look like), [click here](#) and find out more. Fortunately distance is no object. We can work face to face or by phone.

You'll learn how to stop self-sabotaging your relationships and get the skills, confidence and attitude to get out there and find the RIGHT relationship for you. It's a packed programme, individually tailored for your personal needs so please tell everyone you know who could benefit.

'L' is for LOVE

Reviving Relationships for Valentines Day



From a business perspective too, we all work with someone who gets on our nerves. Try out the exercise at the end of this article. You'll be surprised at how helpful it is.

Do you still remember why the person who will receive your card this year became your Valentine in the first place? When you have been together for a long time and when other daily commitments are taking up all your attention, it's very easy to forget why you became a couple all those years ago.

Here's 5 questions you need to answer
Before your lives and your relationship became more humdrum,

What did you used to spend hours talking about?

What made you look forward to seeing each other during those early days?

What did you used to do together?

Where did you go to have fun?

How long did you take getting ready to go out with each other the year you bought those first Valentine cards?

Whether that was five or fifty years ago, relationships need nurturing. OK, you may have been younger, slimmer or sexier back then, but it's important to take some time to remember what it was that made you fall in love in the first place.

If it was more than a physical attraction, then that person is still in there, however deeply hidden these days. Bring up a picture in your mind of them, as they were when you first fell in love. Take the time to bring that person back to life in your mind. Make the picture you've visualised bigger, make the colours bolder and brighter and when you look at them today, make the effort to see what you saw in them then. Be aware that what you once saw as attractive quirks can soon become irritating habits when you start looking for them so remember to focus on the good stuff.

Of course they'll still drive you mad sometimes but try not to allow that to take over. As John Gray said, "We mistakenly assume that if our partners love us they will react and behave in certain ways - the way we react and behave when we love someone."

Here's a great exercise from www.geniuscatalyst.com

- 1. Imagine you are actually about to enter into a courtroom to 'make the case' against your partner. How have they wronged you? In what ways have you been maligned and misunderstood?**
- 2. Play with turning up the heat on your case until it begins to sound like a country music song. You'll know you've cranked it up enough when it begins to make you smile instead of frown.**
- 3. What happens to your experience when you realize that it's not your partner but your thoughts about your partner that are driving you nuts?**

If you want help putting your relationship into perspective, get in touch NOW! I can help.

Email hello@safetynet4u.co.uk , phone 0845 644 4634 or [check out our website.](#)

Quote of the Month



"I recently read that love is entirely a matter of chemistry. That must be why my wife treats me like toxic waste."

Dave Bissonette

Think about anyone who plays a major part in your life at work or at home. Are you doing everything you can to make this relationship work or are you waiting to see what they will do first?

Have you recently bought in training for your company?

**Did you know
...that we offer a valuable service to firms who buy in external training ?**



You know when you have spent much of your training budget investing in staff but you suspect that within a few months, people just go back to doing what they were doing before? With our follow-up coaching you will add longterm value and impact to the training you have provided, by keeping staff motivated to implement what they have learned, and take responsibility for moving their skills forward in a positive way.

We'll make your training budget really work for you

[Read more ...](#)



What's the one thing that you'd like to change?

**Every day we help ensure
*personal success for professional people***

Phone 0845 644 4634 or email hello@safetynet4u.co.uk

Fortunately we can make change easy

March issue out on Tuesday 4th March. See you then

Linda

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