



# A Time to Celebrate...



*Celebrating the Successes of 2016 and the Arrival of 2017!!*

## 2016 in Review:

Has this year flown by as quick for you as it did for me?? It seems like just a few months ago that my family relocated to Fiji and yet, in two weeks' time, I will be celebrating my second Christmas in Fiji. How can that be?

This has been an interesting year for **New Beginnings**. Learning to operate across the globe and living on different time zones between our team and our main clients forced us to think and do things very differently. Because we like turning challenges into opportunities, we took on this challenge with great energy, creativity and courage. So after focusing in one market for 6 solid years, we are now spreading our wings to two new markets in 2016. In February, we will be opening our office in Fiji and in November 2017 in Singapore. Mauritius will remain an important market and we will continue to bring new and exciting training products to this special Island. This does however mean that we now have to be more selective in the amount of projects we take on going forward. Next year is going to bring us interesting changes and great opportunities and our **NewB team** is looking forward to it!

2016

2017



## Looking Ahead:

How do you like to end the year? I have a ritual which I practice that helps me reflect and re-focus before I start the new year. Every year in December I like to ask myself three questions. What was the most **challenging** thing I had to face this year? What was my most **exciting** thing I experienced? and What was my biggest **lesson** learnt?

The most **challenging** by far was the realization that I cant do it all! Learning to say '**no**', for the better of my business, my health and my sanity. Because of the close relationships we have with our clients, I constantly want to please everyone. Does this sound familiar? As a Coach, this is something I have coached many people on and this year I had to catch myself falling for the traps I often coach others about! Did you fall into this trap this year? Doing more than you know you should but believing you '**have to**'? How efficient have you been in using your time?

The most **exciting** thing for me this year was learning about a new culture. Moving to a new country, meeting new people and mostly achieving my dream of living in a house with a sea view!

So, what was my biggest **lesson**? There were many lessons learnt this year! But the one on the top of the list was something I experienced just two weeks ago while I was packing up my house, deciding what should go to storage, what should I throw away or give away and what should I send to our new home in Fiji. The lesson is simple '**Letting go**'. The process is more complicated. Detaching physical items from emotional hoarding. Why do we hold on to so much over the years? This lesson was not a new one for me, but it was definitely the most intense version of this lesson I have ever felt. More and more I realise how we don't need half of what we carry with us. We hold on to things that we don't need. We buy things that we don't even use. We also hold on to more unhealthy things we don't need, in the form of feelings, thoughts and emotions. Anger, envy, guilt, regret, greed, disappointments, expectations, the need to be right, the need to be liked, the need to be in control!

There is a process for 'letting go'. Firstly, '**Awareness**', acknowledging the excess. Secondly, '**Acceptance**', accepting why you have been holding on to it. Thirdly, '**Decision**', making a conscious decision that you want to let go and finally, '**Releasing**', the process of 'feeling' it go. This is best done using both your mind and body, perhaps by taking a deep breath and visualizing a balloon flying away into an infinite sky. Letting go of physical and emotional baggage is so relieving and feels fantastic! Try it. What will you let go of, this year?



## Announcement:

It is sad for our NewB family, as we say goodbye to one of our members, Simone Aveleira...



Simone joined us on a full-time basis at the beginning of this year. She fitted in naturally in our team and together we experienced so many exciting and fun moments. After a year in Mauritius, Simone has decided to spread her wings and explore more of what the world has to offer.

Although she will be sadly missed, we wish her all the best as she ventures in other exciting opportunities and will always be happy to reconnect sometime in the future. I am sure you will join us in wishing Simone joy and happiness as she begins a new chapter in her life.



## A Special Gift for you!

Earlier I spoke about being efficient with how you use your time. To assist our clients to better plan their time, we have a very special Annual Planner which we create every year. This planner has been specifically designed for planning personal goals. It is NOT a diary, where you schedule meetings as by now most of us are using electronic means for this. No, the NewB planner is more than that. It allows you to see the 'bigger' picture at one glance. By the way it is designed, you can see the highlights of your month. It ideal to plan the big things in your life, before you fill them with the little daily actions and meeting. It is specially designed so you are able to monitor and evaluate them with one quick look, on a monthly basis.



As NewB tradition we have sent out these Planners to our Top 100 clients for 2016. We have 20 left and would like to offer one to the first 20 people who send email with the subject line: "I want one" to Haana, at: [newb@newb.mu](mailto:newb@newb.mu). Don't miss out on our Annual Planners also includes 5 pages of fun for your to enjoy, plus lots more!



This year, we have chosen the theme of '**NLP Presuppositions**' for our cover. These are a set of powerful beliefs and principles to live by to enrich your life. They are great statements to reflect on and set your own meanings to. I hope you will enjoy reading them and applying them in your life.



As you set your highest and your absolute **BEST goals**, we are here to encourage and support you to achieve all your goals for 2017!

To our clients who we have had the pleasure of engaging with this year, I really valued the time we have spent together. Thank you for the memories, experiences and lessons. To all our potential new clients we look forward to creating exciting **new beginnings** with you...

Cheers to you, as I celebrate all your wonderful successes in 2017!

**Celebrating your Ultimate Best!**

*Sandra Viljoen*

Managing Director & Executive Coach

*Please note that the New Beginnings Office will be closed from 23rd December 2016 to 09 January 2017. For any urgent queries, please contact us on 5254 2011.*

