

WHAT I LEARNED TODAY

In the spotlight

There are countless 'free' resources and learning opportunities on the marketplace today. As with anything, some are better than others.

This month, I would like to feature Chief Learning Officer which I have found to be an excellent one.

For those in the learning field, focussing on **others**, I would suggest checking out their upcoming free webinars.

If you are focussing on **you**, there are some excellent clips in the career section that might be of interest.

One that I found particularly insightful is with the author and psychologist, Tasha Eurich. According to Eurich, 95% of us believe that we are self-aware but, she has found that the real number is only in the 10 -15% range. I am not surprised that there is a difference between perception and reality but would never have guessed that the numbers were so far apart!

I hear an opportunity calling!

<https://www.clomedia.com>



Photo credit: John Baker on upsplash

Welcome

to the first edition of Engaging Awareness' newsletter!

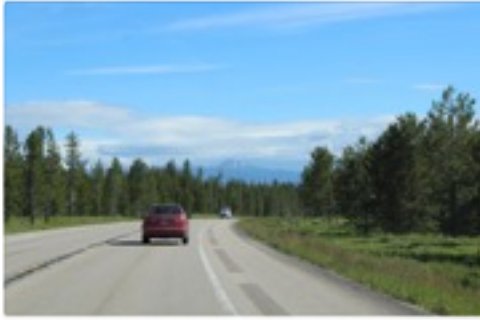
I don't know where the time goes but it certainly goes...I have been thinking about launching a newsletter since last spring and finally made the plunge.

My goal is to create a resource for those who are engaged in life, those who want to be more engaged and those who simply like to keep on top of what's happening.

Self. Others. Community. Nature. As my tagline suggests, I am here to support growth whether it is personal or professional. So, it begets the question: "*Where do **you** want to be?*"

And by the way, I don't profess to have all the answers but, have no doubt that; together we can grow. That is why the newsletter title is "*What I Learned Today*". So, please do step inside and join the journey..

Debbie Ristimaki



"Success is a journey, not a destination." Ben Sweetland

About Engaging Awareness

Based in Winnipeg, Engaging Awareness is committed to supporting individuals and organizations achieve success - however that success is defined BUT recognizing that it often starts 'within'.

Services offered include coaching, mentoring, facilitating, and speaker.

And if you want to follow me...

I currently write a blog on Life, Living, and Lessons that appears on www.thesuburban.com and mymlist.com.

My most recent blog is about challenges and the importance of challenging yourself. It is based on one of our road trips this past summer.

I was reminded of Susan Jeffers book, "Feel the Fear...and Do It Anyway".

Check it out by following one of the two links above.

My community columns appear monthly in Winnipeg's Sou'wester newspaper.

From Robert Herjavec's *"You Don't Have to be a Shark - Creating Your Own Success"*

The seven signs that you are being true to yourself

1. You feel comfortable in your own skin.
2. You feel no need to impress anyone about anything.
3. You have no problem concentrating on what needs to be done in both your private life and professional career.



4. You manage personal situations honestly and openly, without lies or exaggeration.
5. Your inner voice is quiet when you are with others whose company you enjoy and value.
6. Your muscles are relaxed and you breathe easily and normally.
7. You feel good - about yourself, about all you have achieved and all the things you plan to achieve.

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