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Maintaining the Balance

Balancing Life

The pen that writes
your life story must be
held in your own
hand.

Irene C Kassoria



Maintaining the Balance on the Seesaw of Life!

Hello! Welcome to the first *Maintaining the Balance* newsletter. My name is Elizabeth Le Breton and I am a certified Results Coach and Speaker. I have an extensive background in education, and during my breaks from teaching I have worked in people management, information management and the disabilities sector.

My purpose is to embrace and celebrate life, while inspiring and motivating others to do the same. And that is the reason I am taking this huge, exciting leap into the future to work with people who are looking for more.

My goal is to inspire and work with you, giving you the skills to enable you to re-imagine and celebrate your life... your way!

As a coach, the proven techniques I use are an exciting adventure into your own self discovery and the endless opportunities available to you, enabling you to be the best version of you.

As a speaker, I have the capacity to inspire and motivate, helping you to discover a renewed sense of self and purpose.



Being the Best Version Of Me!

On Saturday, June 3 I was the guest speaker at the inaugural Breakfast Meeting for Women at Mt Schoenstatt, Mulgoa. What an uplifting experience it was! The brief was that we are all striving to be the best person we can and so the focus became *Being the Best Version of Me*.

The group of 60 women gathered to eat breakfast together. My presentation focused on how often our lives are out of balance and that there are tools and strategies we can use to get ourselves back on track. The Wheel of Life is one such technique and for many of the women in the group it was their introduction to the process.

In a practical, hands on session with lots of talking, laughter and thinking, these women identified areas of their own life that were out of balance and came up with strategies to address the imbalance. Sharing ideas with each other, offering support - it was such an inspiring session!

There was lots of great feedback after the event, but the one that really stayed with me was from a woman who stated that when I started speaking she thought none of it was relevant to her as she was retiree. However, when she started to delve a little deeper she became aware of actions she could take to attain a greater sense of fulfilment. Beautiful awareness.

What's my Current Read??

I am an avid reader and listener of audio books. I currently have a daily commute of 30 minutes each day, so that's about an extra hour's worth of "reading" for me! I really enjoy listening to a good murder mystery (currently addicted to **The Thursday Murder Club** series by Richard Osman) and professional and personal development books.

I am part way through **The 5am Club** by Robin Sharma and I am loving it. So much so, that I have started to get up at 5am, just to see how it works for me. It's actually amazing how much you can get done in the stillness of the morning. Actually I should have known this already. My grandfather would regularly be in bed at 7:30pm and up at 4:00am!

Clarity Call

Would you like the opportunity to check me out at no cost to you?

The 30 minute Clarity Call with me is a complimentary call in which we get to know each other and determine if we would be a good match to work together. Simple!

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*"Thank you for a very enjoyable and enlightening morning. I am more aware of my "Wheel of Life" and how it can affect me more on a multitude of levels. At 54 and a medical professional who was becoming disillusioned with my future, Elizabeth you have given a new perspective on how to move forward. And I love the wheel concept. Thank you."
Catherine*