



## Sandi's Snippets for Success!

(You are receiving this newsletter as you have either signed up on our web site - [www.sandigivens.com.au](http://www.sandigivens.com.au) - attended one of Sandi's presentations and indicated on your feedback sheet that you'd like to subscribe, or entered one of our prize draws at a networking event and in doing so indicated you wished to join our list (as stated in our promotion). If you wish to unsubscribe, see the link at the bottom of this email.)

### F.R.E.E. Webinar Series continues!

Yes, our **Thaumatology Thursdays** are back! (Actually, they never disappeared - they just went on the 'back burner' while we've been busy delivering training and coaching programs around the country ...)

All you need do is:

1. Register your desire to attend via the appropriate link below
2. Have speakers on your computer so you can hear
3. Have a microphone on your computer so you can talk with me (or you can type your questions and comments in via the chat box during the webinar)
4. Have your lunch and favourite drink beside you
5. Have pen and paper handy to take notes
6. Have an open mind and a hunger to learn - and bring your curiosity with you, too!

#### Note:

- All webinar sessions run from 1pm to 2 pm AEST
- If you have not attended webinars using the Citrix GoTo Webinar software, I strongly recommend you login at least 20 minutes before the starting time of your first session to allow ample time for the software to download. (I have been using this software for some time, and can assure you it is safe to download from Citrix.)
- To attend a series, you only need to register for the first session - you'll receive reminders of the dates and time of the remaining sessions.
- Keen to have access to the information but can't attend all sessions? No problems - all registrants will receive a link to the recordings after each webinar.
- **Sandi please feel free to pass this invitation to colleagues and friends - they will thank you for it!**
- If you have any questions, please contact us on [request@sandigivens.com.au](mailto:request@sandigivens.com.au)

*"Thank you so much for a really enlightening and encouraging webinar series. The knowledge I've acquired is definitely being invested into actions from which my confidence is already benefiting."*

*Briana Davie, PhD student, Medicinal Chemistry and Drug Discovery Biology,  
Monash Institute of Pharmaceutical Sciences*



*Sandi Givens*  
SHATTERING GLASS CEILINGS

We are running 2 series in the coming weeks:

**Creating More Confidence in your Life** (3 x 1 hour) - August 9, 16 and 23

**Powerful & Persuasive Presentations ... with Pizzazz!** (2 x 1 hour) - Sept 6 and 13

Here are the details and registration links:

**Series #1: Create More Confidence** - catapult your confidence in all areas of your life.

During these practical webinars, I'll show you how to deal with your self-doubt, eliminate negative self-talk, deal with your fears and build your confidence in all areas of your life:

Module 1 (Thurs 9 August): Being clear on what you want - and saying 'No' to what you don't

Module 2 (Thursday 16 August): Putting an end to Perfectionism & Negating Negative Voices

Module 3 (Thursday 23 August): Get Confident and Comfortable with Conflict

*"Sandi, thank you for yesterday's webinar in the Creating More Confidence in your Life series. I am really finding them very helpful." Kerry Cuskelly, Library Manager*

Register Now at: <https://www3.gotomeeting.com/register/479429206>

Once registered you will receive an email confirming your registration with information you need to join the Webinar.

**Series #2: Presentations with Pizzazz!**

In response to repeated client requests, we are again presenting our very special 2-part webinar program that is guaranteed to eliminate the worry of planning a powerful presentation - and delivering it with the impact you desire!

This 2-part Webinar program will be held on:

Module 1 (Thurs 6 September): The Planning Stage made Simple

Module 2 (Thurs 13 September): Dynamic Delivery Techniques

*"Sandi, I just wanted to say a great big 'Thank you' for being such an inspiration and having so much faith in me. I spoke at a Conference last week and didn't die of nerves - so once again, thank you for your encouragement over the past couple of years. I am sure that I could not have done so well without you."*

*Jacqueline Brotherton, Transport Manager, Oxford Cold Storage*

Register Now at: <https://www3.gotomeeting.com/register/588470750>

Once registered you will receive an email confirming your registration with information you need to join the Webinar.

## Who are your Heroes?

Alright ... I'll say this upfront ... I realise that in writing this edition's article, I am at risk of sounding un-Australian and unpatriotic. Which is not my intent at all. My intent is to simply get you thinking about a bigger picture of what's really important. OK, deep breath ... here I go ...

There's no doubt Australia loves its sportspeople. Now in the throws of the Olympics, we are bombarded with media about these 'heroes'. We can send 'Hero Messages' to support and congratulate them. We hang on to the hope of them bringing home the largest-ever haul of Gold Medals.

One radio ad has a male Olympian saying (with a profound tone and impactful pausing) "Every second of my life has led up to this moment."

Guess what? Every second in *my* life has led up to this moment, too!

I think the potential result of this adulation of sportspeople is that we forget they are people. Human beings just like you and me. They have their strengths, their limitations, their skills and their Achilles heels. They're not super-human, they're not infallible.

Yes, they are exceptional in what they do.

But so are you. And so is the person who sits next to you at work, the person riding opposite you on the train.

There are countless 'ordinary' people who do *extraordinary* things every day. The quadriplegic who still wakes every day and makes the most of what they can do. The single parent who juggles work and family life, struggling to make ends meet and is doing a wonderful job in raising good human beings. The nurse in the operating theatre who literally helps save a life. The senior citizen who volunteers 50 hours a week to visit house-bound people with handicaps of some sort. The people who tirelessly deliver meals on wheels, work in soup kitchens, read books to the blind, visit lonely people with no family nearby who live in Nursing Homes.

And the list goes on.

So yes, enjoy the Olympics. Cheer for our country's representatives. Celebrate their achievements.

But question whether or not they are our country's *real* heroes.

## We're excited! Our new Web Site launching soon!

It's taken longer than childbirth, been more tiring than running a marathon (at least, that's how it's felt at times!) and more complex (for me) than what I originally imagined ...

But I am so excited with the results - a much easier to navigate, more interactive and much more informative place for you to visit regularly.

Launch date within next couple of weeks - and I'll be writing to let you know it's up and running ... because to celebrate, we're going to be giving away some prizes and gifts.

Watch this space ...

## Sandi's Snippet of Wisdom

**"It is impossible for you to influence others to live on a higher level than that on which you live yourself."** Source Unknown

When I first read this quote, I wasn't sure I liked it. I assumed that by the word 'level' the author was referring to people in higher economic, social or influential positions to me.

Thankfully, I gave this more thought ...

This quote is all about modeling for others.

If you want to influence others to be more trustworthy, then you must be trustworthy first.

To influence others to be more open and honest, then you must set the example.

To influence others to be more compassionate, tolerant, generous and kind, then that is the sort of person you must first be.

So ... what sort of behaviours do you want to encourage this month?

And how will you model those to others?

**Until next time – keep living your leadership!**

*Sandi*