

Now accepting enrollments for our 2020 Change Management Fundamentals offerings. More information below!



December 2019

How To Really "Enjoy" Your Holiday Season

It seems that 2019 year just started and yet, here we are again in the holiday celebration mode!

While I love this time of year, I have to admit it can bring a lot of stress. I have to be intentional about reducing my stress during the holidays by following some key principles for myself. Perhaps you might find some of these helpful.

- 1) **Remember the reason for the season!** Focus on the "why" of your celebration. All the other things exist as a way to help you celebrate but they don't replace the core reason of "why".
- 2) **Let go of trying to "please and perform" for others.** Adopt an attitude of serving them instead of trying to impress them. Give back to a charity - there are those that have bigger needs than you.
- 3) **Create "downtime" to relax.** Do only 10 of those 20 things you need to do in a day. Consider all you "have to do's" in your day and eliminate those activities that don't inspire you, encourage you and build you up. Build in time to watch a Hallmark movie. Go to a holiday music concert. Schedule a coffee with an old friend. Take a hot bath with lit candles and soft music. Or just sit in quiet for a few minutes each day.
- 4) **Appreciate yourself and others.** Make a list of the things you appreciate about you and how you bring value to others. Look for the positive in others. Though they may get on your nerves, they bring value to your life in some way.
- 5) **Take care of yourself physically.** Moderate what you eat. All those "yummy treats" unfortunately cause depression and inflammations within your body. Get enough sleep and keep up with your physical exercise.
- 6) **Be grateful.** Make a list of all the blessings that occurred for you during this year. Post it somewhere where you can be visually reminded daily when you're feeling your stress levels rise.

And in the spirit of being grateful, I want to thank all of you for

enriching my life during this past year...

- For all the 1:1 "getting to know you better" coffees with many of you....
- For all the invitations to speak and share my passion about leading change
- For all the clients that have honored me with being able to help them during their change journeys....
- For all the readers of this newsletter who look for ways to incorporate its concepts....
- For all of you desiring to learn and grow in your own change leadership skills...

Thank
You

I wish you the most peaceful and joyous holiday season!

I'll see you in the New Year!

We are now accepting enrollments for our 2020 offerings of **Change Management Fundamentals ...** our capstone online course to teach you the basic skills in leading change.

To learn more and sign up, go to ChangeManagementFundamentals.com



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