

## Jennifer Britton

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**From:** Jennifer Britton - Potentials Realized [info@potentialsrealized.com]  
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# Potentials Realized

## Monthly Ripples

June/July 2007 - Volume 4 Edition 4

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Dear Jennifer

Welcome back to the summer edition of the Potentials Realized newsletter. I would like to welcome all the new subscribers who have joined in the last month. I've had a number of readers ask why the newsletter is now titled, "Monthly Ripples". The Potentials Realized logo is the water drop, representing the role myself and the company plays in inspiring and equipping professionals to make positive changes, take positive action in their world, rippling out to touch others. Ripple action is much greater than singular action.

We are now into summer which feels as though it has been here for months, as we have moved through successive heatwaves here in Toronto and Muskoka. It's been a full last month - with speaking, training and coaching engagements in Atlanta, Georgia, and various parts of Toronto. My work has taken me to work with trainers, coaches, women entrepreneurs, and administrative professionals. The common link is each group's pursuit for excellence and positive impact in their world.

I am also pleased to announce that the International Coach Federation has awarded me my PCC designation (Professional Certified Coach), in recognition for the over 750 coaching hours I have undertaken with clients, and demonstration of solid coaching skills. Out of the hundreds of coaches in the Toronto area I am now one of 13 who has achieved this designation. If you or your organization are looking for support through coaching, please contact me.

This month I have a number of resources for you which I hope that you will enjoy - articles, blog posts, and even two podcasts. Sit back and enjoy!

As always, I would welcome your comments and updates on what's happening in your life and work. Please sit back and enjoy this month's newsletter!

Jennifer Britton, PCC, CPCC, CHRP, CPT

## A Treasure Trove of Ideas

As always, here are a few of the topics I've been speaking and blogging about over the last few weeks. I trust that you will find some useful ideas in move you into your summer:

### Ethics - What's work-life balance got to do with it?

Deloitte and Touche's 2007 Ethics and Workplace survey results found a very strong relationship between ethics and work-life balance. 91% of respondents to their annual survey stated that they believe "workers are more likely to behave ethically at work when they have a work-life balance".

To read the rest of the article, click [here](#).

### Vacation Deprivation - 2007

Many of you may recall that [last year](#) at this time I reported on the survey results of the **Expedia Vacation Deprivation study**. In fact, I was also interviewed here in Toronto regarding the results for Canada by Metro News (Toronto) and the impact on Canadian workers.

The [2007 Expedia Vacation Deprivation Survey](#), released a short while ago looked at the US, Germany, Great Britain and Spain. Canada was unfortunately not included in this year's survey.

Once again, there were some very interesting findings, including the continued trend of workers in the US not taking their requisite holiday. Overall, some of the major findings included

Read the rest of the article here: <http://yourbalancedlife.blogspot.com/2007/06/vacation-deprivation-2007.html>

## Podcasts: Work-Life Balance Work Life Balance for Working Moms (15 minutes) & Summer Tips for Balance (12 minutes)

Every month I am hosting a free one-hour call on different issues related to work-life balance. May's call was all about work life balance for working moms, and June's was on Summer Tips for Balance. Click on over to the Your Balanced Life! blog and listen in to five tips for work life balance for working moms, and five tips for better summer balance. You can access these fifteen minute recordings here:

<http://yourbalancedlife.blogspot.com/2007/05/podcast-work-life-balance-for-working.html>  
<http://yourbalancedlife.blogspot.com/2007/06/podcast-work-life-balance-for-summer.html>

Future calls will be held on:

Monday July 23rd (8-9pm ET): Creating a Powerful Vision of Balance

Monday August 27th (8-9pm ET): Powerful Time Management Tools for Balance

## Current Trends In Learning and Development

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Attending the 2007 ASTD Conference in Atlanta was positively stimulating and I wanted to share a bit of the "energy" created during the five days.

Overall, some of the main messages were that Learning and Development will continue to play an increased role in organizational success to meet the current opportunities and challenges in the business world. Whether you are a coach, trainer or facilitator, indicators say that our

professions will continue to be in demand as employers grapple with the following trends:

### 1. The Need for Just in Time Learning

As employees become more mobile and are asked to take on more responsibilities with information flows increasing, employers are looking at opportunities to create Just in Time Learning. Whether it's mobile learning options through podcasting, or mentoring programs, just in time learning is one of the latest trends in the T and D field.

Read the rest of the article here:

<http://groupcoaching.blogspot.com/2007/06/current-trends-in-learning-and.html>

### In Focus: Relationships On Fire!

This summer I will be launching a wonderful new program in collaboration with another very talented coach, Sharon Miller. Like myself, Sharon is a Professional Certified Coach and spends her time between Toronto and Muskoka. We are also both trained relationship systems coaches and work with teams, business partnerships and other relationships. Our collaboration can be found at <http://www.Retreat2Muskoka.com>, and will be involving a number of powerful programs for couples, teams and individuals in the future.

On Saturday August 25th we would like to invite committed couples to join us for a powerful one day retreat in Huntsville Ontario. Entitled, "Relationships on Fire!", you will acquire 5 powerful ways to Boost and Enhance your relationship during our day long retreat.

***During the retreat you will acquire practical tools to:***

***IGNITE: Rekindle your friendship, connection and relationship***

***REDISCOVER: Enhance understanding of each other's needs, dreams and what's important***

***EXPLORE: Go beyond your habitual understanding of each other, yourself, and your relationship***

***FOCUS: Take away a Couple Game Plan and Alliance***

Early Bird Pricing is available to July 15th (\$399 Cdn/per couple plus GST). This includes the retreat, lunch, a couples' workbook, and both group and couple follow-up coaching.

For more information please visit us at <http://www.retreat2muskoka.com> or [here](#).

Future events will also include a one-day in-person retreat for couples in Toronto in mid-November. More information will follow in our next newsletter.

**Now Available - New Resources (at no cost!)**

### **July 23rd Complimentary Work-Life Balance Call: Creating a Powerful Vision (8-9pm EST)**

What's your vision for your life and work? Join me for a one hour call to create a clear vision for your life and work. There is no charge for the call, other than your own long distance charges. To join me on the 23rd, dial (218) 486-1300, access code 957103 at 8 pm. I look forward to having you join me.

### **September 19th - Help! I'm Drowning in a Sea of Paper (8-9 pm EST)**

Professional Organizer, and TV host, Hellen Buttigieg and I will be leading another Get Organized Virtual Retreat on September 27 and October 4th (7-10pm ET). In lead up for this program, we will be offering a one-hour free call entitled Help! I'm Drowning in a Sea of Paper. To join us for the September 19th call, please email me at [info@potentialsrealized.com](mailto:info@potentialsrealized.com) with

Sept 19th in the subject line. We look forward to having you join us! For more information on the Get Organized Virtual Retreat, click [here](#). Space is filling quickly -- less than 9 spots are left for the Virtual Retreat.

**Sample Relationship Coaching Session (for Business Partnerships or Couples):** Are you looking to design your partnership alliance more concretely? I offer a 45 minute coaching session for couples and business partnerships by phone, on a complimentary basis. To book yours, email Jennifer at [info@potentialsrealized.com](mailto:info@potentialsrealized.com). For more information on business partnership coaching, click [here](#).

### Upcoming Programs

We have a number of exciting summer programs lined up for those of you who want to take advantage of the slower pace during these months. Upcoming programs include:

#### **The Your Balanced Life! Virtual Retreat - Saturday July 14/07 (10 - 4pm EST): By Phone**

Are you wanting the space for some renewal, reflection and recharging without the travel? Join me and 7 other virtual retreat participants this weekend for a six hour virtual retreat. We will spend the day undertaking both group exercises by phone, and individual exercises at home. Topics include Assessing Your Current State of Balance, Tips for Balance, Developing your Personal Vision and Action Planning to bring more balance into your life and work.

For more information, and to register or pay by PayPal, click [here](#). The cost of the program is \$97 US.

#### **90 Day Biz Success Group Coaching Program - Starts Tuesday July 24th (7-8 pm ET)**

Are you a business owner committed to amping up your results? This 3 month group coaching program meets twice a month as a group, and includes one 30 minute individual coaching session per month. You will also receive 3 business tips by email every week.

Participants will:

- Develop or refine their business vision
- Explore their unique strengths and abilities as a business person, identifying areas for improvement
- Identify opportunities for collaboration and partnerships with other business owners
- Develop their marketing strategy and budget
- Investigate how their business can leverage technology to build their client base and increase sales through an introduction to blogs, podcasts and other platforms
- Develop a concrete action plan to take their business from great to extraordinary
- Additional topics will be covered depending on participant's needs

Group Calls: July 24, Aug 7, 21, Sept. 4, 18, October 9. Final Call Tuesday October 23/07. Calls will be recorded if you can't make one. The program is limited to 8 business owners.

For more information or to register and pay by PayPal, click [here](#).

#### **90 Day Your Balanced Life! Group Coaching Program - Starts Tuesday July 17th (8-9 pm ET)**

Are you committed to creating a life of better balance? This 90 day program includes 2 monthly group coaching calls and one individual coaching call a month, with a focus on creating more balance in your life. For information on the program and to register, click [here](#). The 3 month program costs \$297 US and is limited to 6 participants.

Group Calls: July 17, 31 August 14, 28, September 10, 25/07. Celebration Call October 16/07  
*Another 90 Day Session will start on September 11th. Price for September's session will be \$329 US/program.*

#### **Get Organized Virtual Retreat - with TV Host Hellen Buttigieg (Thursday September 27 and October 4/07: 7-10 pm ET)**

TV Host and Professional Organizer Hellen Buttigieg and I are pleased to announce that we will

be hosting the very popular Get Organized Virtual Retreat in September. If your aim is to get more organized and you are looking for tips, resources and some hands-on support and exercises, consider joining us in September. Space is limited to 12 and is filling very quickly (even having only been announced earlier this month). For more information and to register, please click [here](#).

Also...for coaches and trainers - you may want to consider:

[Group Coaching Essentials](#) - Tuesdays 10:30 - 11:45 am (EST): July 17, 24, 31 and August 7/07

[Tips and Tools for Your Workshop or Retreat](#) - Tuesday July 17: 4 - 5:30 pm EST (\$39 US)

What results are you enjoying from your efforts so far this year? What do you want to celebrate? I welcome your comments and thoughts - feel free to email me at [jennifer@potentialsrealized.com](mailto:jennifer@potentialsrealized.com) or call me toll free 1-866-217-1960. If you know of others who would benefit from this newsletter, please feel free to pass it on - you can use the forward email link below.

With best wishes,

Jennifer Britton, PCC, CPT, CPCC, CHRP  
Potentials Realized Founder  
Integra Leadership Inc. Co-Founder

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