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Subject: Live & Work Wise, from Kim Ratz

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Live & Work Wise

From Kim Ratz – Speaker, Trainer, Troubadour, www.kimratz.com, Aug 2015
Nothing fancy; just a fast, free read to inspire hope, improve skills to cope, and induce some fun in your day.

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A Thought to Help You Live & Work Wise: **Life is a Balance of Hanging On & Letting Go**

Recently a colorfully painted peace pole with the above phrase caught my eye, and this really resonated with me, both professionally and personally. At age 62, and after running my business for 22 years now, when I'm mindful I realize a couple of things:

- * I'm starting to get tired of some tasks and routines, or don't enjoy them as much,
- * Some routines and tasks I do so often I don't think about them as much as before,
- * Some are effective and still a good use of my time, and some are not ...

That's where the balance comes in -- some of these I need to "Hold On" to and continue because they work and bring desired results, and some I should "Let go" because they're not. And some things change without my wanting it, like a repeat customer who retires or moves on, or changing technologies to do marketing, some of which I just don't feel as comfortable with ... I also bump into this balancing of "holding on" and "letting go" as a parent of adult children with their growing families and busy lives, and in other relationships, routines and realities that are significant to me. Special people die or move away, things break, or change, etc. and these events and changes require me to find my next, new balance ...

So it helps when I have the self-awareness to recognize when I'm struggling with the "Hang On/Let Go" balance, and then to remind myself that nothing lasts forever; that this balancing act is a basic, changing and on-going life skill. I find it interesting that my wife's and my "theme song" for 41 years has been: "Hold on Loosely," by 38 Special (see quotes at end). This reminds us to let go of the "stuff" that is not good or helping -- so we can hold on to things that are important, that matter, and help.

Sometimes it's hard, even painful to get "real," do the work, and make a change. Yet often it isn't as hard as you thought it might be, and sometimes there is a greater reward than you had hoped. *What are you still holding on to when it's time to let it go? What do you need to hold on to more tightly?* And to connect to the previous issue's article ("Should I stay or should I go?") – when you do let something go *be careful not to throw the baby out with the bathwater!*

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Another Thought to Help You Work Wise: *New Presentation on "Change Management Skills"*

Speaking of "Letting Go," in addition to the usual requests for keynotes and workshops that help people improve their communication and relationship skills, I've also observed I'm getting more requests for programs to help people get better at "change management skills." So I've fine-tuned the presentation I've been sharing for years titled, "***How to Thrive in a Radically Changing World,***" and I'm pleased to be able to offer even more solid tips and techniques that can be shared in a keynote or in-service, and that people can learn and put to use right away. So let me know if you're interested in more information about this program so we can discuss how it could be brought to your group, whether you're an association, local school district or educational program, or a non-profit organization. And if you're not the decision maker but you think it could be a good program for your group, then please feel free to share it with your supervisor and encourage them to contact me. My contact info is at the end of this email.

Best Wishes for a great start to another school year for our educators & people who work with children!

Because most of my clients work with children in schools and other programs, I want to wish all of you another great year ahead. I sincerely believe that your work is one of the best investments in our collective future; we need you to succeed! And "Back-to-School" was my favorite time of year when I was a Community Education Director, and still is now; no matter what the previous year was like, each new school year affords a fresh start, a clean slate. And as I wrap up the "Back-to-School" workshops I'm doing this month, I like to end with these 3 questions which I'll also share with you:

- * *Are you as good as you're ever going to be?*
- * *What kind of year do you want to have?*
- * *What do you need to do to make that happen?*

So educators: Choose to do your best and make it a great year, and to everyone else - let's give them our best support!!!

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Quotes to contemplate for the days ahead related to -- "*Letting Go*"

Letting go doesn't mean that you don't care about someone anymore. It's just

realizing that the only person you really have control over is yourself. -- Deborah Reber, Chicken Soup for the Teenage Soul

The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward. Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness. -- Steve Maraboli, Unapologetically You: Reflections on Life and the Human Experience

If you want to forget something or someone, never hate it, or never hate him/her. Everything and everyone that you hate is engraved upon your heart; if you want to let go of something, if you want to forget, you cannot hate. -- C. Joy Bell C.

Some birds are not meant to be caged, that's all. Their feathers are too bright, their songs too sweet and wild. So you let them go, or when you open the cage to feed them they somehow fly out past you. And the part of you that knows it was wrong to imprison them in the first place rejoices, but still, the place where you live is that much more drab and empty for their departure. -- Stephen King, Rita Hayworth and Shawshank Redemption: A Story from Difference Seasons

Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it. -- Ann Landers

Sometimes the hardest part isn't letting go but rather learning to start over. -- Nicole Sobon, Program 13

No matter how much we want things to stay the same, life is all about change. Sometimes change is for the better, and sometimes it's not. But no matter why things are changing, we need to be able to let go and move on. Whether it's the death of a loved one, a painful breakup a business failure, or a treacherous betrayal, holding onto past pain and resentment will only hold you back. – Tony Robbins

You can only lose what you cling to. – Buddha

"Hold on loosely, but don't let go. 'Cause if you cling too tightly – you're gonna lose control!" – Hold on Loosely, by 38 Special

In the process of letting go you will lose many things from the past, but you will find yourself. – Deepak Chopra

Cry me a river, build a bridge, and get over it. – Justin Timberlake

Grant me the courage to change what I can, the serenity to accept that which I can't change, and the wisdom to know the difference. - unknown

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I specialize in helping people create more harmony in their own life, and in their relationships with others. Its about being Congruent and making good Choices - by aligning your Attitudes, Aptitudes and Actions - so at days end you feel content, not regret. I do this through keynotes and workshops that inspire hope, help people improve skills to cope re: communication & relationships, teamwork and leadership, and original music, stories and humor to induce some fun along the way!

If you need a presenter who shares content, energy and inspiration, call me so we can discuss what you need, and how I might be able to help!

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Positively Yours,
Kim Ratz

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Successfully sharing skills, songs & stories since 1994