



# KiE News letter

KiE Learning's, KiE Concepts, KiE ideas

[www.kiechelle.com](http://www.kiechelle.com)

February 2012

**Welcome!** This is a quarterly newsletter that will keep you up to date with everything in the KiE Leadership & Development Training world. I hope you will find it entertaining as well and useful and inspiring.



**Life's a bowl of cherries.....ok** let's not kid ourselves! It's not.

However you can always do something to improve your situation should you wish too. On a daily basis I meet people who are so wrapped up on reacting to situations that life becomes a constant battleground. Emotions pull and push them and in turn feelings run from cold to hot or hot to cold over and over again.

Depending on your perspective and what you are conditioned to think and feel your day can either go quite smoothly or you can move from one disaster to the next. I have seen it happen. For instance someone makes a comment and it upsets you, what do you do? Well remember you always have a choice, you may not feel like it at the time but you do. You can make a decision and say to yourself "If I can't control the situation or change it –it cannot control me or change my mood" When you let other people determine how you feel you unconsciously give up your power to them. You unknowingly make a statement that says 'here are my feeling, let me know how you want me to feel, and when you want me to feel it' Crazy isn't it? I'm not saying it's possible to control our emotions every day all day long...of course things will happen that's sad or hurtful on a deeper level .However I'm really referring to the niggling little things that add up in the day that gets under our skin and ultimately control our day.

So the next time someone annoys you, quietly say to yourself " How amazing, I can just let that go" and smile. Just for fun!

## ASK THE CONFIDENCE STRATEGIST

**If you have a question regarding achieving confidence in any situation, ie. going to a interview, public speaking etc. write/email me and I will do my best to reply here.**

**Only one letter can be chosen per month.**

**So go on  
ASK ME ☺**

For free resources, details of new programme on Leadership Development, youth development work and confidence courses please go [www.kiechelle.com](http://www.kiechelle.com)

## **Sponsor a KiE Confidence Party**

KiE Confidence Party  
In the convience of your home  
*Free place for the host!*  
Fun, engaging, entertaining, high energy, enlightening, educational  
Evenings for 3 hours, 7pm to 10pm  
or weekends 3pm to 7pm  
Get together a minimum of 6 people [no maximum] who would like to learn some world class confidence, self esteem and self management strategies that they can immediately apply to positively impact their lives.  
Free workbook to every participant  
Contact Kiechelle Degale at  
[Kiechelle@kiechelle.com](mailto:Kiechelle@kiechelle.com)  
For further details  
[KiEparty@kiechelle.com](mailto:KiEparty@kiechelle.com)

**Growth! Growth! Growth!**  
**Why we must...**

**“The big challenge is to become all that you have the possibility of becoming. You cannot believe what it does to the human spirit to maximize your potential and stretch yourself to the limit”**  
**-Zig Ziglar**



Growth with move us forward

We live in a world where we are constantly bombarded with information, everyone is trying to sell us something or trying to get our attention in some way. How do we decipher the good from the bad and who do we trust? Do we know what we really want?

We seem to be a nation that is constantly searching for fulfilment. Some of us are overworked, some of us are underpaid, some of us are constantly stressed, some of us are just getting by.....

Our lifestyles can play havoc with our health, colds and flues now seem to be the expected norm of today's society.

For many of us there is no light at the end of the tunnel. We live our lives in a permanent state of monotony, day after day, month after month, year after year, just hoping that one day.....

Sometimes we glimpse an opportunity and for a brief moment our heart does a flutter, but like the majority of the population most of us

will simply walk away as if nothing has happened..and once again the fear has won. Later we think 'what if?' but then it's to late. Some of us go to universities thinking it's the way out only to find that there are no guarantees. Educated people also get depressed, fail, lack motivation, lack enthusiasm and get lonely. Surprisingly there are equal amounts of educated people versus uneducated people in mental institutions. So what's the solution?

I'm sure that there will be many different answers from many different teachers, but this is my concept—

To live in our society today we need to be a fully functional human being equipped with the resources to deal with whatever life throws at us and maintain a sense of balance, emotionally, physically, mentally, spiritually and socially. We need to gain a sense of understanding of how we work. Ste out of the shadows and grab the opportunities before they pass you by.

We must begin to know ourselves. Learn to communicate efficiently and effectively not only with our environment but with our selves.

This will inevitably have an impact in the way we raise our children and the way we deal with society. We need to cultivate the personality and resources necessary to meet the high standards required of us. We need to go into the market place and offer something above and beyond the norm. Self-esteem and confidence are key elements. More than anything else we need to develop a belief in ourselves that's unshakeable.

Personal development is a prerequisite not an option if a successful life is what you are after.

Further information

<https://twitter.com/#!/kiechelle>

<http://www.facebook.com/kiechelle>

<http://www.linkedin.com/pub/kiechelle-degale/20/b0b/a63>

Free Confidence course online, in the comfort of your own home....

*"I may not know everything...but boy do I know confidence! I have researched it, studied it, and embraced it! I eat it, sleep it, live it, love it..and teach it!"*  
Kiechelle Degale

Please visit [www.kiechelle.com](http://www.kiechelle.com)

### Course summary

#### Week 1 . Tutorial 1

Planning and preparing. Getting ready. moving ahead, getting organised. Analysis of now in order to move forward.

#### Week 2. Tutorial 2

Challenging beliefs about confidence, creating a confidence vision board [if you have all the confidence and self esteem –what can you achieve?]

#### Week 3. Tutorial 3

Top Strategies for Top Confidence .

#### Week 4. Tutorial 4

The challenge. Making it happen!

#### Week 5. Tutorial 5.

Embed , consolidate and reinforce new programming and self image.

#### Week 6. Tutorial 6

Stepping up and standing out–armed with new confidence & celebrating your achievement.

**I wish I could show you, When you are lonely or in darkness, The astonishing light of your own being. ~Hafiz**

Self-confidence  
is the  
first requisite to  
great  
undertakings.  
-Samuel Johnson



If you would like to advertise please email [Kiechelle@kiechelle.com](mailto:Kiechelle@kiechelle.com) with the word advertise in the subject line

Next newsletter –a free report on self esteem



I look forward to bringing you lots of resources, insights and tools! Stay tuned ☺

Wishing you endless love and light!  
Kiechelle x

[www.kiechelle.com](http://www.kiechelle.com)  
[Kiechelle@kiechelle.com](mailto:Kiechelle@kiechelle.com)

