



business and life coaching

September/2009

Issue 4, Volume 1

Two for One Special

(see details at the end of this newsletter)



Enjoy the Energy of Fall! Create a peaceful transition.

In ancient times those people who understood Tao (the way of self cultivation) patterned themselves upon the Yin and the Yang (the two principles in nature) and they lived in harmony.

There is a slight nip in the air. The days are starting to get shorter. And just as the squirrels have gotten down to the business of storing nuts for the winter, we find ourselves a little more serious and less carefree than in summer. Whether you're preparing for school or preparing for a new business venture, you know that Fall has arrived and we are in a state of transition.

Fall is the beginning of the yin cycle when the daylight lasts less than twelve hours. It's a time of harvest when we gather the colorful fruits and vegetables for winter storage. Pumpkins and squashes are our symbols of bounty. We also store wood for the fire and get out our warm clothes for the colder, darker days of winter.

According to Oriental medicine, the season of autumn is associated with the element of Metal, which governs organization, order, communication, the mind, setting limits, and protecting boundaries. It's a good time to finish projects that you began in spring and summer - harvesting the bounty of your hard work. Of course, it's also the perfect time to begin more introspective, indoor projects. So during this time of transition, find the good in each day and may you have a Fall filled with much joy and happiness.



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Quote of the Month

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Two for One Special

5 Tips for Falling Awake this season

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Tip 1

Determine what you want

Tip 2

Change your habits

Tip 3

Take responsibility

Tip 4

Be accountable

Tip 5

Dream BIG!

Quote of the Month:

"The greatest accomplishment is not in never falling, but in rising again after you fall."

Vince Lombardi

Join Our Mailing List!



Upcoming Events -

COME HAVE Sunday Dinner with Rodas Coaching and GET HEALTHY CHICAGO



Join Rodas Coaching and Get Healthy Chicago at Sunday Dinner for a casual dining experience as we raise money to help the children of Chicago and their families accomplish their healthy living goals.



Sunday, October 4th

4:00-7:00pm

at

West Loop Studio

17 N. Elizabeth St

Chicago, IL 60613

\$100 donation/person

DINNER MENU

Salad of Brussel Sprouts, Apples and Fennel

Chicken and Parsnip Soup

Baked Ravioli with Braised Greens, Ricotta, Bechamel and Pinenuts

Duck Breast with Grilled Radichio, Roasted Grapes and Polenta

Hazelnut Torte with Caramel Poached Pears

*Vegetarian options available. Please let us know of any food allergies or special requests in advance.

Arrive at 4pm to sneak a peak at Sunday Dinner chefs, Christine and Josh, preparing the magnificent feast in the open kitchen all while enjoying an array of wines and meeting fellow foodies. Dinner to begin around 5pm with fantastic new dishes being served every 15 minutes. Christine and Josh will share a bit about the menu item before diners dig in - where it came from, why it was chosen, and how much love went into creating it. The dinner will end around 7pm with an appreciation for new foods, an uncomfortably full belly, and a

big smile on your face!

To reserve a seat at the communal dinner table, please visit <http://www.brownpapertickets.com/event/80305> or send checks made payable to Get Healthy Chicago to 833 W. Buena Ave., Suite 1404, Chicago, IL 60613. More information about Get Healthy Chicago can be found at www.mygethealthy.org.

Special 2 for 1

Two for One Special

Sign up for 12 coaching sessions and give the gift of coaching to someone else for 1 month free. Contact Deborah to schedule your session or for more information!

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