

helping business take care of its most important asset



Wow, what a crap week! Recently every day seemed to bring bad news of someone near to me having cancer, a heart attack or dying. Most impacting being my cousin and sister's serious breast cancer diagnoses.

The next week I was in Melbourne delivering a small workshop. I mentioned the cancer stories to inspire the audience to be proactive. Sharing was tougher than I expected. I'm normally a 'glass half full' person, but I realised that the events were getting me down.

Soon after I attended the National Speakers Convention, a wonderful experience by any measure. Quietly I was still feeling sorry for myself, until I had the great pleasure of having lunch with Emma Gee (emma-gee.com). Emma had a serious stoke at age 24. One that would have relegated most people to being cared for in a quiet corner. After learning to speak and walk again she's now a professional speaker and inspiration to many -- me included. I stopped kicking my lip around and looked again to the bright side of life. Feeling flat? Try to take a step back.

Check out the stoke information link. I published a similar message years ago in a newsletter and received a reply from a recipient. She had passed the newsletter on to her sister, who passed it on to her work colleagues. Soon after, one of them identified stroke symptoms in the sister at her desk. She did have a stroke, but the doctor said the quick action by her work mates resulted in a much better outcome.



In-conference or In-house

The "It's All About You" keynote is a fun yet powerful session that gives people a brief time-out to freshen up, get balanced and consider their most important asset - themselves.

Check it out here: <https://robedwards.co>

Also, available to speaking on these topics I founded:

<https://plasticfreeoceans.org>

<https://healthyresilient.com>

<https://iitime.org>

Live Well - Be Your Best

Issue 6

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Worth a read

Here's a whole bunch of stuff on dietary fibre and you can test yourself.

<https://robedwards.co/video-dietary-fibre/>



Worth a visit

Finding breast cancer and others early can make all the difference.

www.cancer.org.au/Healthprofessionals/patientfactsheets.htm



In the kitchen

Curried Sweet Potato Soup is an interesting choice in the cool weather.

<http://www.robedwards.co/newsresources/r6.pdf>



5 minutes for your back

A quick session each day may be the difference between a good back or not.

<http://robedwards.co/back.pdf>



For the planet

Click to calculate your environmental footprint, it's a bit rough but insightful.

<https://www.earthday.org/take-action/footprint-calculator/>



Something to think about

Just one of those emails from a friend that caught my eye.

<http://www.robedwards.co/newsresources/t6.pdf>



A quick laugh

Laughter is great medicine. But if symptoms persist, see your doctor

<http://www.robedwards.co/newsresources/j6.pdf>

A pessimist sees the difficulty in every opportunity.

An optimist sees the opportunity in every difficulty.

Winston Churchill