

From Next Element Consulting

May 2009 E-News

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NEXT ELEMENT E-NEWS

2009 May Issue

"Knowing my personality type and the signs to look for when I am in distress has been so helpful in creating balance in my life. THEN I recently did a wonderful PCM workshop about parenting and it has given me an enormous amount of insight with my five children...I can't wait to learn more!!!"

- Suzy Amis Cameron, Founder,
MUSE Elementary, Topanga, CA
www.museelementary.org

NEWS

Jamie and Jeff just returned from their annual [1]Outward Bound trip. This year they had the privilege of escorting nine Newton Alternative High School students for a week of experiences including a high ropes course, rock climbing, an 80' repel and a 12,500 elevation peak assault. The students did great and it was wonderful to watch their self efficacy grow. We witnessed students being scared out of their minds, and yet because they believed they could be successful, they were successful. It was a great week of tears, fears and successes.

Links:

1. <http://www.outwardbound.org>

We would like to give a special thanks to Outward Bound Leadville and our wonderful facilitators Wes, Roan and Cisco. We strongly recommend this experience as an opportunity for growth and we strongly recommend Roan, Cisco and Wes ? they we fabulous leaders! Thank you to USD 373 and all the support provided to make this life-changing event possible.

Coming This Summer...

[2]"Relate to Your Mate," a PCM get-away retreat for couples. Plan a special long weekend, with your special someone, at beautiful Post Oak Lodge in Tulsa, Oklahoma. A truly unique event ? enjoy an exclusive getaway while enhancing your relationship through better communication skills.

Links:

2. <http://next-element.com/services/seminars/relate-to-your-mate>

PCM NUGGET

Enhanced Effectiveness in Therapy

From Next Element Consulting

Jeff King, LSCSW

When I provided marital therapy prior to learning [3]Process Communication (PCM®), I would often engage in work that lasted a year, or even longer. After learning to apply PCM in therapy, couples would discover solutions to their conflicts, develop a complete understanding into why their partner would act as they did, and they did this within just five-to-six sessions. The PCM provides a process in which to communicate effectively and give feedback to one another in a way that will not start an argument. What a gift! Not only was PCM a gift to my practice, it was the best thing for my marriage and has enhanced my communication and relationship with my wife. And yes, she does agree, and yes, she reads our newsletter.

Links:

3. <http://next-element.com/services/seminars/process-therapy-3-days>

Nate Regier and Jeff King are certified trainers for the Process Therapy Model ? A PCM training specifically for clinical therapists.

RIBBON CUTTING

Our official Newton Chamber Ribbon Cutting ceremony will be on Tuesday, May 5, at 10:00 a.m. Please come help us celebrate, check out our office in the historic Newton train station, and munch a cookie. Thank you Newton Chamber for being such a wonderful resource and support! (We recommend that you don't start a business without ?em!)

BOOK RECOMMENDATION

[4]"Deep Survival: Who Lives, Who Dies, and Why"

by Laurence Gonzales

"Choking is about thinking too little, panic is about thinking too much." Gonzales contends that in wherever your location, in the wilderness or in business, one must learn to function somewhere between choking and panicking, that we should be making tough decisions under stress, not tough decisions because of stress. For example, "I have got to make a decision," this is an example of panic. "I'm not sure how this will work-out, but lets go for it anyway," this is an example of choking. Another point Gonzales makes is that sometimes disaster or failure occur not because of inexperience, but because of experience. By experience he means that we often stick to a plan just because we made a plan, and ignore what our environment is communicating to us. If you experience stress, and you want to thrive despite that stress, we recommend this book.

Links:

4. <http://www.amazon.com/Deep-Survival-Who-Lives-Dies/product-reviews/0393326152>

From Next Element Consulting

Upcoming Events

PCM Trainer Certification (5/11-5/15)

Process Parenting (6/6)

Process Communication for Educators (6/8-6/10)

Leadership Communication (7/10)

Relate to Your Mate (7/24-7/26)

PCM 3 Day & Advanced (8/3-8/7)

Discounts are available for most NE Seminars

Members of the Newton or Wichita Chamber, WIBA, or ACCT; or pay 30 days in advance; or refer a paid registrant ? receive a 10% discount. If two or more from the same organization attend a seminar together, a larger discount is available, call for details!

Meet Us At...

The [8]2009 PCM International Congress, Potomac, Maryland (7/16-7/17)

8. <http://next-element.com/category/pcm>

Post Oak Lodge, Tulsa, Oklahoma for our special couples retreat (7/24-7/26)

White Paper

Discipline or Motivation?

<http://next-element.com/2009/04/discipline-or-motivation-which-one-works>

"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark."

-Michelangelo

Hot Wing Update

You've asked, here it is.

Our rating system:

5 ? Made my whole body vibrate on a new frequency.

4 ? A few beads of sweat, can't let the sauce on my fingers go unlicked.

3 ? I would not allow my friends to eat here.

2 ? If you see me eating here again, you know my self-efficacy is at an all time low.

1 ? Not a hot wing ? I'm filing a report to have their hot wing license revoked.

We will be sharing our ratings and invite you to submit yours to be posted in our next e-news!