



What's Up with You?

As the second of a regular series of Newsletters, "ACCA Directions" takes a brief look at each of the five elements that has a colour that most closely represents the nature of the particular chi energy. Chi is a concept unknown in Western philosophy but figures repeatedly in the philosophies of the East. It is the life force of all animate things, the quality of environments, the power of the sun, the moon & weather systems, & the driving force in human beings.

The purpose of Feng Shui is to create environments in which chi flows smoothly to achieve physical & mental health.

In an office where chi flows freely, employees will be happy & supportive, projects will be completed on time & stress levels will be low. Where the chi is stuck, there will be disharmony & the business will not flourish.

Come & join us for a drink in Brisbane or Sydney if you really want to find out how to 'read' other people's Body Language & what it is really like through hands on experience.

There is also a couple of drink recipes to boost the brain so try them out they are delicious!

Do you want to improve your life ? Get more of what you really want ? Maybe you'd like to lose weight, become powerfully confident, more motivated, happier, a more skilled communicator, understand how your mind works, or just change a habit ? NLP is a guide to better management so that you can discover your own excellence



National President—Vivienne Kariotoglou

Colours to Boost your Business

Designing, decorating or building a new office can be very exciting but it can be taxing as well, for there are many simple yet consequential decisions to be made. Spoilt for choice, it is no surprise that uncertainties prevail during this time! Once a decision is made however, bear in mind that it can affect your business, clients & employees, who will be working in this new environment for some time to come. While you may be tempted to opt for the décor that you personally prefer, or the latest designs you saw in the magazine, do give Feng

Shui a little thought as it can go a long way to give your business the additional boost you can do with.

Though there are many Feng Shui considerations to be made, our focus in this newsletter is on colour. Colours, play a significant role in Feng Shui. The colours associated with the five elements evoke the quality of the energy of each element. i.e. Water, Earth, Metal, Fire & Wood. Qualities of the five elements include:

Green (Wood): new business, growth & development, harmony; it is restful & refreshing

Red (Fire): dynamic, outgoing, forward-looking, dominant; it is associated with warmth, prosperity & stimulation

Yellow (Earth): intellectual, stimulates the brain, rational; its qualities are optimism, reason & decisiveness

Brown (Earth): stability, weight; it suggests safety & elegance

White (Metal): fresh start, peace, purity

Black (Water): depth, power & flexibility; clean slate upon which we can

Inside this issue:

Colours to Boost your Business	1
NLP-Achieving Goals	2
Boosting the Brain	3
Body Language-Evaluation	3
Module & Event Calender	4

Colours to Boost your Business (cont'd)

create a picture with the other colours, secret research

We can use these colours in the office to highlight the nature of the business or the qualities we wish to invoke there. The colours which correspond to the five elements should be in balance in any office, at least 60% Yang for 40% Yin. Where one element is dominant, or lacking, then these colours can impede the success of your business. There are many angles to look at when deciding the right colours. You may decide according to the elements represented by the compass location of the premises or you could also look into the personal element dominating the director of the company. In this newsletter we will be providing you with some examples on the most desirable colours to use based on the business you are dealing with.

Tip 1-Accounting Firms

Presently, if you visit most accounting firms you will note that most of these firms have a somewhat clinical look to their premises. Walls are often painted plain white with not much colour around it. Well, knowingly or otherwise, this colour works wonderfully for them. This is because White is represented by the element Metal, which is synonymous with Wealth.

Keep in mind that you do not use anything too colourful as it may serve to distract your employees unless you are a dynamic business such as an advertising agency. Sometimes a clash of colours is a way of moving energy, especially useful in a company where rapid decisions are called for.

Did you know? Colours can affect how you do in your career...

What colours do you usually wear to work? Basic black? Or do you prefer bright 'spring' colours? Did you know that how you are dressed for the day tells a lot about you & your chances for career advancement? So, have fun & explore these colours at work & see your career improve by leaps & bounds!

Purple

Need money? Who doesn't? This is a good colour for sales or marketing people especially when coupled with either chrome or silver, as it is a money-generating colour.

Lilac

Had a bad day at the office and feel you've been gut-punched all day? Try taking a lilac bath. It'll do you a world of wonder and restore your optimism in good of humanity.

Yellow

Depressed or in need of a 'creative' energizer? A splash of

yellow should do the trick! It is sunlight, warmth, & positive energy all rolled into one so you can't go far wrong with this colour.

Red

Feel unappreciated at work? Use this fiery colour to get the recognition & respect due to you, especially if it was for an office social event. This is also a fantastic colour for a sales or PR pitch.

Green

Is your career at a standstill? For career growth, try some evergreen.

White

Need to emphasize your authority? White, with either something gold or silver, should be good enough to create a forceful air of authority.

Blue

Keep a dark blue jacket handy in the office. When tempers fly because of a tight deadline, this is literally a 'cool' colour to wear.

Black

Need a raise? Try getting yourself a black briefcase with metal clasps. This brings auspicious money & income your way.

Body Language-Evaluation

Use of body language to interpret what people are thinking is quite simple. The art of knowing when somebody is evaluating a concept, design, proposal or idea is also quite simple. Evaluation is shown by a closed hand resting on the cheek. Once evaluation has ceased, then stroking the cheek will commence as a decision is being made. These subtle differences must be reviewed when dealing with others. Once the head starts to be supported by the hand, then boredom has set in – watch for the thumb and see if the thumb supports the head. Lastly if the finger starts pointing up, this signifies that the listener is interested, if the thumb supports the head as the finger points up, then the listener is having negative or critical thoughts.

Boosting the Brain

We feel alive when our minds are alert. To achieve this we need to eat well, take regular exercise & allow time to relax & recharge our batteries. Foods affect the chemistry of our brain & eating the right foods at the right time of the day can really make a difference to the amount of mental energy we have.

Most of us rely on stimulants, particularly tea & coffee, to get us going in the mornings & keep our brains working through the day. These give us quick bursts of energy followed by a crash, encouraging us to reach for the next caffeine fix. An occasional cup can be wonderfully stimulating

when you need a flood of mental energy. Regular use will lead to chronic fatigue, poor concentration, anxiety, & often insomnia. Combat the loss of brain power caused by anxiety & stress with drinks containing nerve tonics such as oats, almonds & ginseng that increase our resilience.

Ginseng quiets the spirits, stabilizes the soul, invigorates the body and prolongs life.

Chinese medical text, Shen Nung, 20BC

Ginseng & Cardamon Brain Tonic

Sweet & aromatic, this drink is recommended highly to those who want to improve their mental performance. In India, cardamon is recognised as one of the best stimulants to the mind, enhancing clarity & concentration. Ginseng has been shown through extensive research to improve memory & overall mental capacity & is useful for protecting against the effects of aging on the function of the brain.

25g whole dried ginger root
2 litres water
15g cardamon pods

Place the ginseng & water in a saucepan, bring to the boil & simmer on a low heat for 30 mins. until the liquid is reduced by half. Add the cardamon, cover & heat gently, without boiling for a further 20 mins. Strain. Drink a cupful each morning. Store in the refrigerator & reheat when required.

8 servings

Moroccan Mint Tea

One sip of this traditional Moroccan tea instantly conjures up the labyrinthine streets & alleys of Fez & Marrakesh, donkeys & exotic spices, souks & bazaars, where the summer heat & lethargy are instantly dispelled by this exquisitely refreshing drink. Well known by the Arabs as a brain tonic, mint stimulates blood flow to the head, clearing the mind, enhancing memory & concentration, & invoking creativity & inspiration.

50-75g fresh mint leaves (preferably spearmint or peppermint)
1-2 tablespoons sugar (traditional but optional)
1 litre boiling water

Place the mint (& sugar if used) in a teapot. Pour over the boiling water & leave to steep for 5 minutes. Strain & serve in cups each containing a spring of mint.

4 servings



Neuro Linguistic Programming (NLP) Achieving Goals

NLP is based on a simple model of goal achievement. This is not unique to NLP but the success model is flexible enough to apply in corporate, team or other organisational context as well as personally. All that is required to achieving outcomes is the basic four stages:

- Decide what you want
- Do something
- Notice what happens
- Be flexible

To give you a simple example, there is no failure in life – just feedback. If you miss a golf ball completely, you have not failed – you have simply experienced what it is like to miss a golf ball. A thousand other ‘hit and miss’ experiences will help you achieve what you finally want over the green.

If you mess up a short speech, you have not ‘failed’. You have learned what to do to produce a certain outcome – in this case not the one you wanted – and so what not to do if you want a different result. It is all part of the learning process. This simple process can be used to reach many of your goals.

NLP, Hypnotherapy & Numerology Modules

Earlybird Offer

Register by Monday 24th February & receive your Earlybird* discount (30% reduction) plus have the chance to win a 1 hour free hypnotherapy session or a free Numerology Report.

To register, call Tollfree 1300 137 038 or for more information, please visit www.ac4ca.com right now.

***In order to qualify for the Earlybird rate, registrations must be received & paid by Monday 24th February 2003.**



**Australian
Centre for
Corporate
Advancement**

ACN 098 905 894

Offices:

PO Box 398
Drummoyne
NSW 1470

PO Box 1340
Fortitude Valley
QLD 4006

PO Box 2333
Hawthorn
VIC 3122

PO Box 3143
Rundle Mall
SA 5000

TOLL FREE

Telephone:
1300 137 038

Facsimile:
1300 136 038

www.ac4ca.com
info@ac4ca.com

Event Calender

Introduction to Feng Shui: Module 1

Wednesday March 5	Sydney	6.00-9.00pm
Wednesday March 12	Brisbane	6.00-9.00pm

Wednesday April 9	Sydney	6.00-9.00pm
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Facilitator: Vivienne Kariotoglou
Cost: \$110.00 (members) /\$155.00 (non-members)

Numerology in Business: Module 1

Tuesday March 4	Sydney	6.00-9.00pm
Tuesday March 11	Brisbane	6.00-9.00pm

Wednesday April 2	Sydney	6.00-9.00pm
Monday April 14	Brisbane	6.00-9.00pm

Facilitator: Leslina Duggan
Cost: \$110.00 (members) /\$155.00 (non-members)

Hypnotherapy: Module 1

Monday March 3	Sydney	6.30-8.30pm
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Tuesday April 1	Sydney	6.30-8.30pm
Wednesday April 16	Brisbane	6.30-8.30pm

Facilitator: Leslina Duggan
Cost: \$100.00 (members) /\$140.00 (non-members)

Body Language: Module 1

Monday March 10	Brisbane	6.00-9.00pm
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Monday April 7	Sydney	6.00-9.00p.m
Tuesday April 15	Brisbane	6.00-9.00p.m

Facilitator: Nick Kariotoglou
Cost: \$90.00 (members) /\$130.00 (non-members)

NLP: Module 1

Tuesday March 24, 25, 26	Sydney	6.00-9.00pm
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Monday May 5, 6, 7	Sydney	6.00-9.00pm
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Facilitator: Nick Kariotoglou
Cost: \$210.00 (members) /\$260.00 (non-members)

Sales Skills: Module 1

Monday April 21, 22, 23	Sydney	6.00-9.00pm
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Monday May 19, 20, 21	Brisbane	6.00-9.00pm
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Facilitator: Nick Kariotoglou
Cost: \$190.00 (members) /\$240.00 (non-members)

**Prices show member/non-member rate-prices exclude GST.
To register: TOLL FREE call or email us on the details provided**