



www.womenforwomen.ca

www.womenforwomen6figureevent.ca

Welcome to our Special Edition Women For Women Newsletter!

October/November 2008

Are you thinking ‘where has the summer gone’? Me too! In fact, it’s just amazing all that has transpired ‘this year’!! I think I could write a book! *Yes, someday I will!*

We have had many new ‘sign ups’ for our free newsletter and I thank everyone for your patience as we get back into the groove with our bi-monthly circulation!

In this issue, especially in a time of economic uncertainty, you’ll be refreshed and **inspired** by the new businesses that have just started, a book that has been published, the launch of the First Annual Women For Women 6 Figure Event, new personal development tools, new communication and marketing tools, book recommendations and more!

For now, make yourself a cup of warm tea or a decadent hot chocolate, sit back and take a rejuvenating few minutes for yourself ... Then, as you step back into your day, take this moment with you and remember the following...

“Life shrinks or expands in proportion to one’s courage.”
Anais Nin

May you be filled with **courage!**

Warmest regards,

Sheri ☺

*Calling
All Girlfriends
Sisters & Colleagues!*

*You’re Invited
To The First Annual*

*Women For Women
6 Figure Event!*



*Jan. 17th
& Jan. 18th, 2009*

At the world-renowned,

***Briars Resort
& Conference Centre
Jackson’s Pt, ON
Canada***

*Join Sheri,
Canada’s Diamond Coach
Adele Alfano,
Keynote speaker & author
Dorothy Ratusny...*

...And many more!

***Special Pricing
until Dec. 1st, 2008!***

*You won’t want to miss this
event! **It’s all about you!!***

Page 1

*Welcome, 6 Figure Event,
Book Recommendations*

Page 2

It’s Your Turn Too!

Page 3

*New business start-ups, budding
author, Master Mentors on-line
directory and mastermind support*

Page 4

*Winter Decorating Tips,
Upcoming Events, Personal
Development Party Plan*

Sheri’s Book Recommendations:

**Changing the Mind, Healing
the Body** (8 Case Studies in
Transformational Belief-Change
Therapy), *by author Elly Roselle*

My Voice Will Go With You
... Teaching Tales of M.H.Erickson
Edited & Commentary, S.Rosen

Sheri Andrunyk
Founder, Writer
Entrepreneur & Life Coach
Master NLP Practitioner
WOMEN FOR WOMEN
INSIGHTFUL COMMUNICATIONS

Gayle Clarke
Freelance Writer, Office Manager
WOMEN FOR WOMEN WELLNESS

Insightful Communications

... Expressing You

Women for Women & Insightful Communications™

www.womenforwomen.ca

www.womenforwomen6figureevent.ca

It's my turn!

'& It is your turn too!'

By society's measure I have been very successful in my 30 years of working; not to mention that 24 of those years have been as a small business owner. By my measure, I have been very blessed and *I know 'the best is yet to come'!*

Like many women, I made the choice to 'take my turn later in life' while supporting my husband's career, and putting much of the rest of my efforts into raising our son. Although I started my own business when Matthew was very young, my intentions were to build it at a pace that allowed me to maintain my personal priorities, while creating a foundation that I could build on further *when I was ready!*

Well, **I'm ready, are you?!**

Regardless of whether our lives are similar or opposite, given 'your' life and business experiences, I want you to think about what you have learned *that will be useful to you* on this next part of your journey!

Reflect on past moments where you rose to a challenge, succeeded beyond your expectations and felt 'euphoria' or 'perfection' even if for just a second! As you direct your attention to these times,

ponder on them in detail. Notice all the qualities of each experience that *would be useful to you* moving forward.

Just this simple exercise is a great place to start, especially as you continue to stretch yourself and explore new horizons.

*Will 'everyone' be ready, as you step up and **take your turn?***

Not likely, but most will follow your lead when you stay the course.

It takes time and patience to make changes in our own lives, let alone for others we care about to adjust to those changes. If your family is anything like mine, they're used to you making changes to adjust and support 'them'. *As I typed this last sentence, I could just imagine what you were thinking (LOL).* That said, I know *deep down* that those in our lives that mean the most to us, want to *and will* reciprocate in the best way they know how.

If you're the kind of person that has given a lot in your life, I want you to think about how great it has made you feel, in the best of times. Then allow others around you to 'take a turn' and *experience the gift of giving and contribution too!*



*Do not ask to have your life's load lightened, but for the **courage** to endure.*

*Do not ask for fulfillment in all your life, but for **patience** to accept frustration.*

*Do not ask for perfection in all you do, but for the **wisdom** not to repeat mistakes.*

*And finally, do not ask for more, before saying "**thank-you**" for what you have already received.*

Brenda Short





www.womenforwomen.ca

www.womenforwomen6figureevent.ca

Congratulations To New Business Start-Ups this year!

Sylvia Brook
Yoga by Sylvia

Laurie Giftchristos
EZ Connections & Events



Congratulations To 2008 Spirit of Success 'Entrepreneur of the Year' Nominees!

Sonia Comire
Studio S Design
Graphic Design & Printing
www.studiosdesign.ca

Cheryl McCombe
WestPine Promotions
Marketing & Promotional Products
www.westpinepromotions.com



Congratulations To New Author!

Monique Henchey
Spiritual Psychotherapist
Her book, A Hint of Hope

A beautiful, heartfelt **gift to yourself** or someone you care about! To order, contact Monique at 416-938-5169 or inspiredmo@sympatico.ca.

On-Line Directory

Annual Membership is just \$75 plus gst! *Speaker's Circle* is \$95!

Enjoy all these benefits and more!



Affiliation with a well-connected, highly reputable company & website

Exposure to local businesses & beyond, with an average of **4,000 hits per month**

Opportunity to submit articles for the Women For Women newsletter (4-6 issues annually – posted on our website, distributed to a substantial select-in database, hard copies circulated at many local events – *great way to share your expertise*)

Attractive & easy-to-find directory promoting you & your company (*expanding categories in 2009*)

Master Mentors ~ local & on-line mastermind meetings with like-minded women

Currently our **On-Line Directory** is featured under Master Mentors on our website. Master Mentors...

...represent mastermind groups for local women entrepreneurs. We are in the process of updating our member list and making a couple of changes to the directory.

Moving forward, the name of the directory will be **Women For Women**.

There are many women who have joined Master Mentors and will continue to, for the benefits they gain, personally and professionally (*in addition to the **strong on-line presence** they receive being on the directory*). However, there are also a number of women that simply value being an on-line member, where their needs or schedule may not fit with Master Mentors. As a result, we're separating the two, although the membership and choice of benefits are the same!

Women For Women is linked from many other sites, such as NLP Canada Training Inc, East Gwillimbury Chamber of Commerce, Women In Networking Growing Strong, Business Women's Networking Association, At Face Value Network, EvanCarmichael.com, and *so many others*, including a number of our members' websites!

What does this give 'you'?

- * **An expanded on-line network**
- * **Stronger internet presence and exposure to prospective clients!**

Insightful Communications

... Expressing You

Women for Women & Insightful Communications™

www.womenforwomen.ca

Fabulous Winter Décor Tips

Shorter days and overcast skies make December the perfect time to ward off the winter blahs – so consider surrounding yourself with **warm colours and cozy textures** to make this the most enjoyable winter season yet!

Place fluffy throws on your furniture and combine pillows in touchable fabrics like chenille and velvet. Remove light-toned fabrics in favour of **warm, deep-tones** like chocolate, orange or red.

Pull furniture away from the wall or add extra chairs to create comfortable seating around the fireplace. A more intimate seating arrangement will invite conversation and feel more relaxed.

Some rooms don't fair well in grey winter lighting. If you spend lots of time in such a room introduce a reading light. Alternatively, paint one wall a deep, warm shade to **change the feel** of the entire room.

Unpack tucked-away items and make them the centre of attention. An opportunity to ponder good memories of seasons past is a wonderful way to enjoy your warm and cozy chair by the fire.

Sharon Kirsh is an interior and colour design consultant, working, living and enjoying winter in York Region. For more Winter Décor tips visit www.kirshdesign.ca.

PD PARTY PLAN!

PD, that's short for Personal or Professional Development! ☺

When was the last time you read a good book or attended a course that really filled you up and gave you new insights to ponder?!

Did you enjoy it with a special group of friends and colleagues... in the convenience and comfort of your home or office?

Well you can now!

Round up 5 or more of your friends and colleagues and...

Sheri will come to you... & As our hostess, your workshop is FREE!

Choose from entrepreneurial 2 ½ hour workshop sessions, like Working From Home & Making it Work... or Guiding LINK with Neuro-Linguistic Programming, a 4 ½ hour interactive seminar that will support positive change in any area of your life! Contact Sheri for more topics and details!

UPCOMING EVENTS!

Sat., Nov. 22nd, 11am to 4pm

The AFV Network Holiday Beauty Conference & Networking Event includes

Lunch, Fashion Shows, Shopping, Gift Bags, Prizes ++! Tickets \$65
Laurie Giftchristos 905-717-0088
laurie@afvnetwork.ca

www.womenforwomen6figureevent.ca

Sunday, November 16th

Noon to 5pm

SHERI & FRIENDS

ANNUAL OPEN HOUSE

29 McKenzie Drive, Holland Landing (near Newmarket).

Again this year, we have a wonderful group of women committed to making your visit entertaining, enjoyable and pampering! Please RSVP to [Gayle Clarke at 905-853-1968](mailto:GayleClarke@905-853-1968) or gayle.aloette@primus.ca.

Friday, November 28th

11am to 1:30pm

Markham WINGS

Networking & Gift Show

Monte Carlo Inn

8900 Woodbine Ave, Markham

**Members and business guests welcome at 10am – nominal \$5 cost. This a great day for women entrepreneurs 'and friends' to come out over their lunch hour and meet some fabulous small business owners, network, sample and shop! Free Draws and more!*

**For non-business guests, there is no-charge to attend!*

Please RSVP to [Caroline Jarzabek at info@clickawayva.com](mailto:CarolineJarzabek@info@clickawayva.com) or Sheri.

Please consider bringing non-perishable food items, unwrapped gifts, and gently-used clothing in support of the Women's Center of York Region!