

things can be seen, and it's no bother to stop now and again and enjoy the panorama around you. At every meter conquered, you can see a little further, so use this to discover things that you still had not noticed.

Respect your body:

you can only climb a mountain if you give your body the attention it deserves. You have all the time that life grants you, as long as you walk without demanding what can't be granted. If you go too fast you will grow tired and give up half way there. If you go too slow, night will fall and you will be lost. Enjoy the scenery, take delight in the cool spring water and the fruit that nature generously offers you, but keep on walking.

Respect your soul:

don't keep repeating "I'm going to make it". Your soul already knows that, what it needs is to use the long journey to be able to grow, stretch along the horizon, touch the sky. An obsession does not help you at all to reach your objective, and even ends up taking the pleasure out of the climb. But pay attention: also, don't keep saying "it's harder than I thought", because that will make you lose your inner strength.

Be prepared to climb one mile more:

the way up to the top of the mountain is always longer than you think. Don't fool yourself, the moment will arrive when what seemed so near is still very far. But since you were prepared to go beyond, this is not really a problem.

Be joyful when you reach the top:

cry, clap your hands, shout to the four winds that you did it, let the wind - the wind is always blowing up there - purify your mind, refresh your tired and sweaty feet, open your eyes, clean the dust from your heart. It feels so good, what was just a dream before, a distant vision, is now part of your life, you did it!

Make a promise:

now that you have discovered a force that you were not even aware of, tell yourself that from now on you will use this force for the rest of your days. Preferably, also promise to discover another mountain, and set off on another adventure.

Tell your story:

yes, tell your story! Give your example. Tell everyone that it's possible, and other people will then have the courage to face their own mountains.

Brett Cameron is Director of *Channelled Growth*, specialising in Holistic Business and Lifestyle/Wellness Coaching. For more information contact Brett at [Channelled Growth <http://tinyurl.com/33az8z>](http://tinyurl.com/33az8z)

Special Offers

IMPACT - Training program for trainers

Wouldn't it be great if:

- You could get training done in less time?
- Line managers were amazed at how quickly new people were getting up to speed?
- The need for refreshers or re training declined?
- Your training team was energised and looking forward to the next roll out or induction?
- Participants left the room at the end of the day wanting to come back the next day?
- You could easily take your excellent content knowledge and turn it into a powerful learning experience?
- Participants were even more engaged and motivated in your learning environment?

We are all under pressure to have as much content covered in a short space of time. Your content is important; and that's why it is there! However, if you ignore the fact you have a human being sitting in front of you, everything else will be lost.

The IMPACT Training Principles are not a bag full of "fun" games to play in a training room, they are a set of researched principles that you can apply to any content, any training programme you might be running in your organisation. Once the principles are learnt and applied you will quickly see the results in your trainers, your participants and your organisation.

If you would like to receive more information on how the IMPACT Training program will benefit you

and your organisation - please email info@aimnsw.com.au or contact Client Services at AIM NSW (Australian Institute of Management) on 1300 651 811 .

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On This Day (10th May)

1752 Benjamin Franklins 1st tests the lightning rod

1908 1st Mother's Day observed (Philadelphia)

1910 Halley's Comet closest approach to Earth in 1910 pass

1955 (Born) Homer Simpson animation (Simpsons)

1957 (Born) Sid Vicious [John Beverly], London England, punk rocker (Sex Pistols)

1960 (Born) Bono Vox [Paul Hauson] Dublin Ireland, rocker (U2-Joshua Tree)

1965 (Born) Linda Evangelista St Catherines Canada, model (Elite)

1977 Joan Crawford actress (Mildred Pierce), dies at 69

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