

MENTAL  
*Freedom* Newsletter

The latest news and updates from The Relationship Center



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## Message from Kim

Hello Everyone,

The holidays looked different for many people this year. If you followed the social distancing guidelines, your gatherings were likely smaller than they usually are. Hopefully, you didn't spend the holiday alone but if you needed to be, I hope it was because you chose to be respectful and cautious of the loved ones in your life.

If you were able to visit family and loved ones, I hope you did so safely. I drove to PA to spend time with my two boys but one of them had been exposed to COVID so he and his family were isolating. Ever the rule breaker, I searched for a way to at least see my grandchildren open their presents. I pulled up a deck chair on their patio on a 50-degree day. They opened their sliding glass door, and I was able to see the kids open their presents. It wasn't a Christmas like the others, but it was creative and worked for all of us.

I did get to see my other son's family for Christmas, which was wild, crazy and wonderful. I also got to see my brother, his wife and daughter for dinner on Christmas so overall, I had a wonderful day and was safe and respectful of others' safety.

I'm grateful for the vaccine and anxious to see what 2021 can bring for everyone!

Did you make your New Year's resolutions? Will they build on the goals you accomplished this year or are you basically making the same ones you made last year and maybe even the year before that? Perhaps you'd like to try something different this year by checking out my 7-Step Goal Attainment System. It's the same process I use for my own goal attainment and I accomplish almost every goal I set. It's a system that combines techniques for your right- and left-brain hemispheres to create whole brain solutions that work.

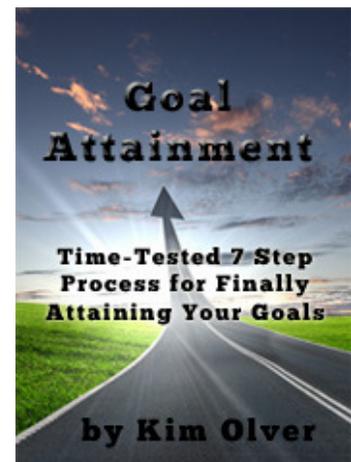
## A Trio of Featured Products

This month, we are still featuring our [Mental Freedom group coaching program](#). This program was designed to develop participants' mental toughness and resilience, which will lead to increased mental freedom for you. We have completed the first two groups and will begin our last discounted group tonight. There one slot still available if you're interested in joining.

You will learn: the difference between responsibility and response-ability; how to unconditionally trust everyone in your life to do one thing, which will never leave you hurt or disappointed; how to distinguish between things you have to do and things you want to do (Hint: there is far less you have to do than you think); the two purposes your emotions serve and learn how to make them work for you, instead of against you; how to create closure for yourself in all situations; and how to create appreciation for all the things that happen in your life, especially the painful ones. All of these are steps toward your Mental Freedom.

If you think you might be interested in our next Mental Freedom group, you can get on the waitlist [here](#).

Next, as you look forward to completing your goals and plans for 2021, you might be interested in our [Goal Attainment eBook with Action Book](#). It is the system I use to accomplish my goals. It combines the best that is known about achievement from a linear, left-brain position, combined with a more creative, right-brain position, creating a nicely balanced approach for everyone serious about not just setting goals this year, but actually accomplishing them!



Finally, if writing your book is one of your 2021 goals, consider joining my [Writer's Group](#). As a successful, four-times published author, I want to give back by helping others who were in my position to also be able to get their stories out there in the world. I also know how hard it can be to write a book without accountability. And of course, once you're done writing, there's production and marketing to tackle. Our Writer's Group helps with all of it. Join [here](#).

## What's New

We are working to upgrade the Academy of Choice's Coaching program to be in line with the Board Certified Coach (BCC) new standards. We expect to be ready in April. If you are already involved in the program, finish and take the Board Certified Coach Exam before March. Their exam isn't changing until March.

We have the 120-hour program ready to go for anyone interested. You will need this program if you have a bachelor's degree and want to be a BCC.



Life =   
**CHOICES**  
By Kim Oliver

# Upcoming Events

If you are interested in attending an event listed as Open, please contact [denise@therelationshipcenter.biz](mailto:denise@therelationshipcenter.biz) for registration information.

**January 6 - PWN Writer's Group - Private.** Kim works with members of Professional Women's Network to take their conceptualized mental picture of their book to a published work they can hold in their hands and be proud of.

**January 7 - Empowerment Parenting training - Private**

**January 14 - Choice Theory Advanced Practicum - Open**

**January 22-24 - US Army Yellow Ribbon program - Private**

**January 25 - Online Writer's Group - InsideOut Press Online Writer's Group - Open.** Kim works with authors who want guidance and accountability through the writing, production and marketing phases of authoring their book. Kim is the author of four books--*Leveraging Diversity at Work*, *Secrets of Happy Couples*, *Choosing Me Now* and *A Choice Theory Psychology Guide to Relationships*--and she has two more forthcoming titles.

**January 29 - Basic Choice Theory Practicum Day 2 - Cove Forge Behavioral Health Care - Private**

**February 3 - PWN Writer's Group - Private.** Kim works with members of Professional Women's Network to take their onceptualized mental picture of their book to a published work they can hold in their hands and be proud of.

**February 20 - WGI Conference - Zoom Online - Open**

**February 22 - Online Writer's Group - InsideOut Press Online Writer's Group - Open.** Kim works with authors who want guidance and accountability through the writing, production and marketing phases of authoring their book. Kim is the author of four books--*Leveraging Diversity at Work*, *Secrets of Happy Couples*, *Choosing Me Now* and *A Choice Theory Psychology Guide to Relationships*--and she has two more forthcoming titles.

**February 26 - Online Teacher Multiculturalism in Education - Session One: Perception is Everything - Open**

Do you every wonder how you can have such a different opinion than someone else about the exact same situation? Do you find yourself wondering where other people are coming from or worse, doubt their knowledge or intelligence? In our first session, participants will explore the differences that make perception unique to each individual. The keys are to approach situations with curiosity instead of judgement and to not take differences personally.

**March 3 - Writers Group - PWN Writer's Group - Private.** Kim works with members of Professional Women's Network to take their conceptualized mental picture of their book to a published work they can hold in their hands and be proud of.

**March 5 - Online Teacher Multiculturalism in Education - Session Two: Behavior isn't the Problem - Open**

Is classroom management a challenge for you? Do you find yourself with difficult kids in your classroom? Are the kids you find most difficult, the ones who are quite different from you? In this session, participants will learn the five basic human needs and identify the need underlying a child's misbehavior. Once the need has been identified, appropriate interventions will be formulated.

**March 12 - Online Teacher Multiculturalism in Education - Session Three - What You Can Do - Open**

Do you believe you are colorblind, treating all people the same? Do you assign less than honorable motives to people's behaviors you don't understand? This last session is about listening for understanding. Sometimes, we just don't make time to listen and when we do, we are usually listening to respond, instead of listening to understand. In this session, you will be paired with someone different from you and provided with the opportunity to listen for understanding.

**March 23-25 – Credence Cadre Training, Orlando, FL – Closed.** This is training for the 35-50 speakers who work to provide presentations for the Armed Services during the Yellow Ribbon program.

**March 29 – Online Writer’s Group - InsideOut Press Online Writer's Group - Open.** Kim works with authors who want guidance and accountability through the writing, production and marketing phases of authoring their book. Kim is the author of four books--*Leveraging Diversity at Work*, *Secrets of Happy Couples*, *Choosing Me Now* and *A Choice Theory Psychology Guide to Relationships*—and she has two more forthcoming titles.



## THE RELATIONSHIP CENTER

*Free Your Mind, Open Your Heart, Transform Your life*

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