

Happy New Year – Happy New Attitude!

2009 was not a banner year for most. It was one that challenged even the most positive spirits and we've all been affected in some way by the challenges of the current economy. In December 1776, Thomas Paine wrote:

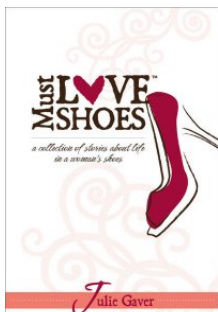
"These are the times that try men's souls. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value."

Almost 234 years later, his words still resonate. As we enter boldly into the new year, I invite you to revel in the glorious triumph (we SURVIVED!) and reflect on two important questions:

- What happened this past year that you are proud of? In other words, what successes did you experience in light of the "conflict?"
- What did you learn from the hardships you may have experienced? How did they make you better, stronger, wiser?

For Julie Gaver Training & Development, many exciting things happened as a result of my resolve to live intentionally during this challenging year.

Announcing the release of my first book:



Must Love Shoes

A Collection of Stories About Life in a Woman's Shoes

Available online at:
www.mustloveshoesthebook.com

Pick up a few copies for the women in your life. Guys, Valentine's Day is just around the corner. Humor is the greatest gift and the book is filled with

plenty of it! Sales have already been brisk and the feedback has been phenomenal!

To become a *Must Love Shoes* Facebook "fan" go to: <http://tinyurl.com/y9ja3sm> for upcoming events and information.

January 2010



The countdown has begun! This past year I completed four additional courses towards completion of a Masters Degree in *Instructional Design*. I'm thrilled to announce that the only thing now standing between me and my December 2010 graduation is an internship, "best practices" course, thesis project, and the Capstone exam. And then it's party time!



Mark your calendars!

Leadership Conference
June 17, 2010

I'm currently working on a committee which is planning a dynamic leadership conference you won't want to miss. Featured keynote speaker is **Dr. Freeman Hrabowski, President of UMBC**, one of the most *charismatic* and *inspiring* speakers I've ever heard.

Among the list of concurrent session speakers will be client, **Pete Monge, President of Montgomery General Hospital**. I've been honored to work with MGH for several years and have witnessed the impressive commitment they've made to developing leadership at all levels in their organization. So mark your calendars now and stay tuned for more information as we progress in the planning stages.



About those questions I asked you earlier.....

I hope you take the time to thoughtfully contemplate your 2009 **good** news (and no news is too small!), but more importantly, reflect on the lessons you learned. 2009 taught me resilience, frugality, creativity, and more importantly, persistence. My hope is that you too are facing 2010 feeling "glorious in the triumph" and armed with a new attitude for the coming year!

Julie

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