



The Art of Excellence

Leadership. Teamwork. Success.

December 2008

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We Are Creating Excellence When...



We Take Time To Celebrate.

Dear ,

The Holiday Season is a time to rejuvenate our hearts and spirits. It is a time to access our deepest capacity for love, generosity, gratitude and joy. A time to remind ourselves of what is truly important at the end of the day. To celebrate our lives, our loved ones, our faith and the meaning we give to our life experience.

Our celebrations and/or traditions are intended to bring us closer to our loved ones and the spiritual practices that deepen our experience of (and our capacity for) love and celebration of life.

We do this with our families, our workplaces and our communities in especially important ways this time of year. We gather, we step out of the ordinary and open our hearts to a feeling of connection to and celebration of what matters most. We add lights, music, laughter and color to the world and we greet each other with warmth and smiles. When we remind ourselves of the true meaning and purpose of the holiday season, we can greet it and treat it as an opportunity to restore whatever we may need in order to keep the message of the holidays alive throughout the year.

The gift of giving and appreciation is an important part of many holiday traditions all around the world, with good reason. However, the greatest present you can give a loved one is your PRESENCE.

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COLUMN IN THE
NORTHERN BUSINESS
JOURNAL**

1. What creates meaning for you this time of year?

2. If you could add one thing to your holiday this year that would create an experience of deeper meaning and joy, what would it be?

3. What matters to you most this time of year? How could you make this central to your experience this holiday season?

4. What have you wanted to give or do for years now (for a loved one, someone at work, your community) that you have been hesitant about? How could you step up to this in some way this year?

5. What would you need in order to feel your heart and spirit rejuvenated, ready to take on what needs your attention in a whole new way with the year to come?

To be fully engaged, attentive, joyful and positive. To interact with another in positive and pleasant ways. To laugh together and to cherish each other brings us closer to life's intention of love and celebration! A quality of attention to what is most important to all of us (whether we are conscious of it or not).

The holiday season is meant for celebration. It is a time to put our busy-ness (and our minds) to rest, accessing our hearts and spirits. What do you need to do and/or experience this year in order to nurture these aspects of yourself and access the deepest joy that this season is meant to nurture in us all?

I wish you all a wonderful holiday season filled with the deepest feelings and experiences of love, peace and joy!

**Have an EXCELLENCE month!
Sylvie Gervais-Leduc**

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Upcoming Events !



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List of Public Workshops for 2009

Mark these dates in your calendar now and we will follow with all the particulars in the New Year!

Intro to Using the Coach Approach 1/2 day workshop February 25, 2009

Customer Service 1/2 day workshop - April 22, 2009

DiSC for Leaders 1/2 day workshop - May 13, 2009

Vision and Goals 1/2 day workshop - October 21, 2009

Leader's Code of Excellence Full day workshop - Nov 18, 2009