



## Copia November Newsletter ... Irresistibly Feminine ...

### Irresistible content

[Tell me something good](#)

[Come learn...](#)

[Workshop: Irresistible  
Feminine "Connection"](#)

### Join our list

[Join Our Mailing List!](#)

### Book Recommendation of the Month

In [Fearless Living](#), Rhonda Britten shows you how to master the emotional fears that keep you stuck in old cycles. Learn how to let go of indecision, gain clarity of purpose and act on intuition - take life-changing risks! This book teaches you with exercises and guidelines how to build a new life without fear.

### Movie Recommendation of the Month

[Erin Brockovich](#) is about an unemployed single mother

### Message from Pia

There is a lot of attention-grabbing news these days about the current state of affairs in the world of global economics. Current events are hard to escape if you are living close to a TV or radio, or another human being.. People I know have expressed anything from mild stomach-upset and sleepless nights to full-blown hysteria.



As much as these times seem to drag you down, you do not have to let global affairs, the global economy or the welfare of your industry become your personal reality. You may think this sounds naive, but please keep your mind open for a minute! To survive or thrive personally, you only need to pay attention and focus on your immediate world and the things that you are in a position to personally effect - your finances, your business and your state of mind.

In the 1990 and 1991 recession in the US, the share prices of Wal-Mart, Sears and the SNP 500 were in a tie. Wal-Mart chose to take an aggressive stance, investing in physical assets to strengthen their brand name, whilst Sears on the other hand, decided to cut their investments. The result: within two years, Wal-Mart's share prices tripled! whilst those of Sears and the SNP remained flat. You may or may not know, but no competitor has recovered to catch Wal-Mart since.

If you don't let the woes of the world drag you down, then you can be in a position to uniquely thrive in times like these. What are you focusing on in your life right now that has you stand out from the rest? And how are you being creative at your workplace to make sure you or your company gets the business that is out there to be had?

When asked his opinion on the 1991 recession, the late Sam Walton of Wal-Mart said: *"I've thought about it, and decided not to participate."*

Finally, [click here](#) to view my personal message to you for November.

that becomes a legal assistant and almost single-handedly brings down a California power company accused of polluting a city's water supply. Julia Roberts stars as Erin Brockovich, a feisty young woman who fought for justice any way she knew how. She brought a small town to it's feet and a huge corporation to it's knees. A real woman. A real story. A real victory.

## Monthly Goddess Workshop

This month sees the Hindu festival Diwali; "Festival of Light," where the lights or lamps signify victory of good over the evil within every human being. Diwali is devoted to Goddess Lakshmi, the Goddess of wealth and prosperity - both material and spiritual. The word "Lakshmi" is derived from the Sanskrit word Laksme, meaning "goal." Lakshmi, therefore, represents the goal of life, which includes worldly as well as spiritual prosperity.

In these shaky times, as the world is experiencing massive economic turmoil, we are all feeling the pressure of the current global downturn. We know that changes in our lifestyles and habits will be necessary when adjusting to our new financial realities. What better time to gather together with likeminded women for our [Monthly Goddess Workshop](#) in support and reflect on how, even in times like these, we can make a difference in our own lives to create prosperity and abundant

## Tell me something good...

Earlier this year I wrote part of an article named "[How to Look on the Bright Side](#)" ([read](#)). It focuses on amongst other things on how to count your blessings.

In writing this, it was not me being a Pollyanna, though I would take that as fair criticism. The fact of the matter is, there is still great things happening out there in the world, despite the economy.

It is at times like these that it is even more crucial handle with care what you focus on. As my mentor Tony Robbins would say: You have to see things as they really are, but not worse than they are. And if you look carefully in your own world, I am sure there are many things you are still very grateful for in the midst of current world of uncertainty and fear.



"Tell me something good" was Chaka Khan's first hit back in the 70's, and even more recently Pink did a remake of it with equal amounts of style and funk! With the news blurting out one piece of bad news after another, isn't it time for us to stop and think about what is good? So what can you think of today that is good in your world? And what is the best thing that happened to you lately?

So I am giving you a challenge, should you choose to accept it. And that is to spend at least 10 minutes every day for the next 30 days, to count your blessings. Get your journal or a notebook out, and write down all that you are grateful for in your life. And tell a friend or loved one *something good* that happened. Can you do that?

5 tips for improving your attitude of abundance:

1. As above, write down all that you are grateful for every day. Then read it daily!
2. Make a decision to be abundant/wealthy and affirm that decision by taking action every day in that direction.
3. Surround yourself with people who have the attitude of gratitude and abundance.
4. Read books and articles that will support your new outlook and attitude about what is possible.
5. And finally, "be the change you want to see in your world". Through your own attitude, you can make a difference in another's life. Teaching helps you anchor your own attitude and learning deeper.

Come learn how  
Irresistibly Feminine Workshops  
can make you live life more FULLY!

Meet the coach.. Learn what is possible.. Ask the questions..

viewpoint in a new way.

**Date:** Monday November 10th

**Time:** 7:15pm - 9:30pm

**Venue:** [The New Age Shop](#)

7 Old Bailey Street, Soho

**Cost:** HK\$350

To reserve, call: 2810-8694  
enquire@newageshop.com.hk

(NEXT: December workshop:  
Wednesday December 17th)

## Friendly Links

[Anthont Robbins'  
Foundation - The Basket  
Brigade](#)

["Staying positive through  
rough times" - Tony Robbins  
on NBC Today Show](#)

[November's Irresistible  
Newsletter Message](#)

- What can I gain by attending the Irresistibly Feminine Workshop(s)?
- How will attending the Workshop(s) make me Irresistible?
- What kind of women participate in these workshop(s)?
- How are these workshops different than talking to girlfriends or a counselor?
- How does coaching work?

Join us for an insightful, interactive and fun evening where you can learn more about what is possible for yourself as a woman.

**Dates:** Thursday November 13th 2008

**Time:** 7.15pm - 8.30pm. (7pm registration.)

**Location:** Communication, Suite 1302 Universal Trade Centre,  
3-5 Arbuthnot Rd, Central, Hong Kong

**Registration:** info@co-pia.com

**Cost:** Free of Charge

## Workshop: Irresistibly Feminine - "connection"

The [Irresistible Feminine Workshop](#) series are divided into 3 workshops, focusing on specific issues/areas for growth: connection, trust and love. The first in these, "[connection](#)" is scheduled to be run in Hong Kong on November 28-30th!

In this workshop, we focus on learning to feel deeper inner connection with yourself. It is about understanding where you have come from in order to embrace who you are now more fully; all around us, fear and confusion is taking over with world markets causing havoc in many of our lives. Staying centered in the storm requires self knowledge and compassion, truthfulness and accountability. We will be going inside in order to handle the outside better..

It can be a risk to open and to expose your vulnerability so that you can be more present and sensitive to yourself and each other. However, this can lead to a place of more vitality, empowerment and connection.

This workshop is a nurturing and fun environment for all women who want to discover and be more of who they really are! The work is deep, evocative and lots of fun, too! You will have the opportunity to share, laugh, cry and learn in the company of other wise and supportive women. So go ahead, accept your soft, open and receptive side, learn to loosen up and enjoy your life as is, have fun and connect with other women. [Click here](#) to read what people say about Copia's trainings and workshops.

Note: Irresistibly Feminine *Trust* and *Love* are scheduled for February and April 2009

*"By intimacy, by love, by opening yourself to many people, you become richer. And if you can live in deep love, in deep friendship, in deep intimacy, with many people, you have lived*

*rightly, and wherever you happen to be... you will be living there, too, happily." -Osho*

## Irresistibly Feminine Workshop - "connection" DETAILS

Find out about your own subtle but important significance as a woman. Find new ways to express your feminine strength and passion, womanly power and purpose. Using a variety of experiential techniques, including one-to-one and small group exercises, discussion, art-making, meditation, visualization, writing and more, we will explore these topics and others:



- Limiting beliefs and images
- Unacknowledged feelings and fears
- Deeper meaning of self
- Relationships with men and women
- Self-expression, creativity and fun

**Our Price:** HK\$5,800/2 workshops or HK\$7,500/3 workshops (prices valid when same person attends 2 or more workshops)

**List Price:** HK\$3,500 per workshop

**Dates:** Friday November 28th to Sunday November 30th

**Times:** Friday (7pm - 10pm) Saturday (9am - 6.30pm) Sunday (9am - 5pm)

**Book:** call +852 6103 0809 or request booking form from [info@co-pia.com](mailto:info@co-pia.com)

No matter what money and personal assets have been lost, nothing has really changed in terms of your innate resources: your experiences or education, your physical and spiritual self or your faith and love.

As a Coach, how can I support you at this time you may ask? There are many ways that coaches can help in these turbulent times: by creating positive moods and support you in focusing more on what is still great in your world! I can help you in setting new constructive goals that are in your reach and/or control. I can assist those of you facing loss by revealing to you new choices that may not be obvious to you now.

I hope you will enjoy the support and resources we aim to give you through this newsletter and also through our services.

A final word from Emily Dickinson that says a lot about what many coaches strive to achieve:

"If I can stop one heart from breaking, I shall not live in vain;  
If I can ease one life the aching, or cool one pain,  
Or help one fainting robin unto his nest again  
I shall not live in vain.."

sincerely and irresistibly yours...

**Pia Muggerud**

## QUOTE OF THE MONTH:

*Your living is determined not so much by what life brings to you  
as by the attitude you bring to life; not so much by what happens to  
you*

*as by the way your mind looks at what happens.*

- Kahlil Gibran