



Assisi, Italy – photo by Charles Bergman



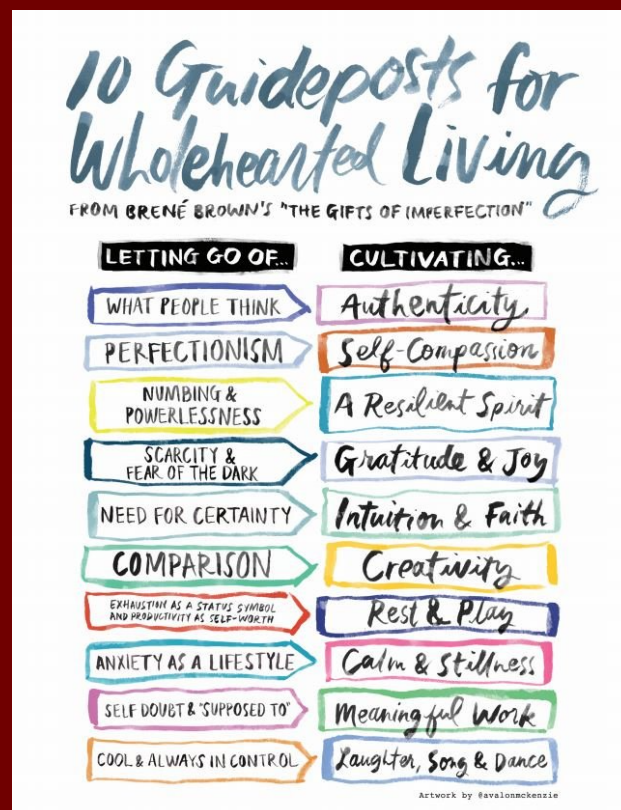
Happy holiday wishes to you and yours!
May you thrive and be healthy in the new year.

READY FOR THE NEW YEAR TO DAWN

I bet you're as ready as I am to leave 2020 behind. Early this fall, as the monotony of #stayhomestayhealthy caught up with me, I decided to refocus. Here's what I've found helpful:

- Plan what's possible to plan for 2021: work I'm excited about; a safe way to see family or friends; the garden I want to plant in the spring. We're happier when we have things to look forward to. We're more effective when we put energy into what we can influence and let go of what we have no control over.
- Explore locally. Every weekend Chuck and I go for a long walk or take a drive. There's so much to enjoy in the Puget Sound region. One fun Saturday outing recently: a visit to the iconic Pike Place Market. It was bustling! We bought an armful of colorful, late-season fall dahlias from a farmer and picked up our favorite Italian treats at DeLaurenti Food and Wine.
- Daily gratitude and intention setting using The Five Minute Journal and weekly planning and daily priority setting using this Productivity Planner. I still rely heavily on my Outlook calendar and tasks, but there's something valuable and comforting about investing 10-12 minutes a day writing in these two journals with my favorite pen.
- Send old-fashioned greeting cards. Each week I send a few beautiful cards to loved ones and clients. People so appreciate receiving a snail mail surprise! It makes me happy to know that someone else is happy.

What's helping you stay on track? Please send me a note and tell me.



JOIN ME STARTING JANUARY 5 IN A FIVE-MONTH GIFTS OF IMPERFECTION VIRTUAL SERIES FOR WOMEN

Are you ready to focus on living your most authentic, content life and enjoy a happier year ahead? Come along with me on this inspiring journey!

Highlights:

- Gather every three weeks for a total of 10 two-hour sessions, starting January 5 and concluding July 13. All gatherings will be from 4 to 6pm Pacific Time via Zoom video.
- Enjoy a deep dive into the 10th anniversary edition of Dr. Brené Brown's #1 bestseller ***The Gifts of Imperfection***, which Forbes calls **"one of the five books that will actually change your outlook on life."**
- Through meaningful dialogue and fun no-skills-required creative activities, we'll work our way through the "Ten Guideposts for Wholehearted Living."
- Fee includes all 10 meetings, two coaching sessions with me, and a generous supply of materials mailed to your home: book, workbook, creative supplies.
- Doing this work with a friend is even more powerful. Register with someone you want to share the experience with and you'll each enjoy a \$50 discount.
- Full details available [here](#).
- Registration deadline is December 14, 2020.
- I'm handling registration directly myself. If you have questions or want to sign up (hope so!), please email me at susan@susanmann.com.



IN THE NEWS



Warm thanks to [The Emotional Intelligence Training Company](#) for giving me a shout out as a change leader. This year has been filled with it! You can read my interview here: [Change Leader Susan Mann talks with us about coaching, emotional intelligence, and environmental leadership.](#)

What a joy to bring my professional and personal passions together in this podcast: [What penguins teach us about resilience at work](#) for Australia's [Bradley Allen Love Lawyers](#) HR Breakfast Club. Interviewed by broadcaster [Genevieve Jacobs](#), my husband and travel companion [Charles Bergman](#) and I shared some of the lessons penguins have taught us in our [quest to see them all](#). Penguins thrive in some of the world's harshest environments, so they have a lot to teach us about resilience at work – especially during a global pandemic.



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Susan Mann LLC

PO Box 88236, Steilacoom
WA 98388 United States

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