



Personal Coaching
With Stella's Mum



The power of unconditional giving

Personal coach, trainer and author ELISABETTA FRANZOSO reveals how unconditional giving is a powerful tool to stay healthy and build a positive attitude.

Giving Everyone has something to give. Time, money, wisdom and love are just a few examples.

Reality Check No matter what your circumstances are in life, you have the ability to give. By making *giving* a greater part of your life, you'll gain tremendous and life-changing benefits.


Insight When you give with joy, selflessness and love you can benefit greatly. However when you give expecting a reward, you defeat the real purpose of unconditional giving. Have you given but didn't feel any better? Not receiving an "emotional reward" can prevent you from wanting to give more – meaning you'll lose out, as will those who you could be helping.

Reality Check Giving can reduce fears. Do you worry about losing your health or your job? Do you live in *fear* of economic disaster? These are legitimate concerns which nowadays many people share.

Insight The best way to confront your fears is to begin the process of making a difference. Giving reduces self-centeredness and helps you connect with others in a more positive way. And this will reduce your fear – especially in times of uncertainty.

Result Aim to achieve good health, fulfillment and happiness. Good things happen not from being self-centered, but rather from making a difference and giving happiness to others. As Mahatma Gandhi said, "To find yourself, lose yourself in the service of others."

Moving Forward There is much sadness and anger in the world and yet there are unlimited ways to make a positive difference.

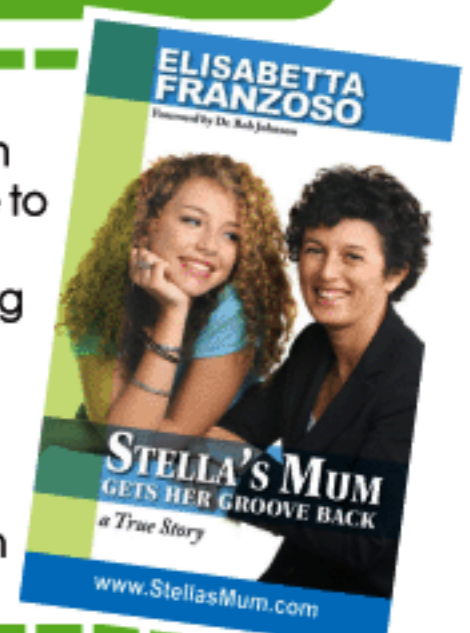
Unconditional giving helps you to be positive, unleashes your creativity and builds your emotional health and wellbeing. The more you give, the more prosperity, positivity, health and happiness will flow back to you. Giving imparts a beautiful and powerful experience – even in challenging times. The more you give with an open heart, the more you'll receive! 

Elisabetta Franzoso BA, Dipl.Psych, MSocSc

SIGN UP NOW!

Join Elisabetta's public workshops, **WellBeing in 4Dimensions** and **Communication in 4Dimensions** at Singapore Institute of Management. For further information email info@insideoutyou.com or call 6465 4605.

Elisabetta Franzoso is a highly self-driven coach and motivator for Communication/Self-expression and Wellbeing. Her passion is to empower people to achieve excellence and transform from the inside out. The founder of *InsideOutYou* – a corporate training company specialising in communication and wellbeing – she is the author of *Stella's Mum Gets Her Groove Back* (\$28.80, at bookstores and www.amazon.com) – an inspirational real-life testimony of how love, faith and hope can triumph over denial, guilt and shame.



STELLA'S MUM
Your Personal Coach

Stella's Mum Personal & WellBeing Coaching Services

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