



10 TIPS FOR SURVIVING THE CHRISTMAS SEASON

Coming Winter 2011

- 1. Give back.** The holiday season is a great time to give back to those who are less fortunate. Pick a worthy cause (or two) that speaks to you. Remember you don't have to donate money – volunteering your time or donating used clothing is just as helpful as cash donations. At work supplement a gift exchange with donations to an agreed upon charity. At Life Strategies we donate to World Vision.
- 2. Schedule in Christmas events that you'd like to attend.** Check websites for dates of your favourite events, go out to see the Holiday lights or go caroling with friends - along a street (a "Candy Cane" lane) or at a public park (like van Dusen Gardens) and take your favorite hot beverage. Invite friends and family to attend with you, creating new Christmas "traditions" to treasure.
- 3. Bake Bake Bake!** If you haven't already started your Christmas baking, be sure to do that right away so you don't go all season without your favorite Christmas goodies. Spend a fun afternoon with a friend or family member, get out all your favorite recipes, and a few new ones this year too. Don't forget to sample as you go! - check out page two for our special section of Life Strategies' Teams favorite Christmas recipes.
- 4. Start shopping now!** Buy whatever comes to mind and then you can sort out and return if you need to. Make sure to request a gift receipt!!
- 5. Take time to enjoy the holidays and the quiet break from work (if you get one!).** Have fun – get out and build a snowman if you have snow or find other ways to play and relax. Set aside some unplanned time to allow for spontaneous activities or some peaceful quiet time to reflect on the year past and the year to come.
- 6. Shop online!** Avoid the stress of busy parking lots, malls and stores. Check out this message from the [Better Business Bureau](#) for online shopping safety tips.
- 7. Give the gift of time instead of money.** Spend less time in the stores this Christmas and more time with those you love. www.moneyassassins.com/wp-content/uploads/Stressed-Over-Christmas1.pdf/
- 8. Practice "Toy In, Toy Out."** Before a new round of goodies enter your house, have your kids de-clutter their rooms. Recycle what's appropriate and donate what you can to charity – not only does this help avoid toy overflow it teaches kids the importance of sharing.
- 9. Suggest a Secret Santa.** Rather than the stress of buying for everyone, implement a family draw. Each participant, usually only those over 16 or 18, draws one name and buys that person a gift for a set amount.
- 10. Exercise!** This can be really helpful for managing the holidays - for some, holidays can be stressful and taking time to walk, ski, skate, do yoga, and so on, can be a very effective way to regroup and feel energized again!



We hope you'll join us in our upcoming courses.

Click on the course names below for more information.

e-Courses starting in the New Year:

- **Proposal Writing**
- **Budgets & Business Plans**
- **Managing Diversity**
- **Successful Academic Writing**

CMPP Courses:

- **Ethics Essentials**
- **Facilitating Work-Life Balance**
- **Theories**
- **Researching**
- **Assessments**

Don't miss out on these upcoming courses; normally only offered as Directed Studies, now is your chance to take these courses with the benefit of student interaction. Take these courses with other students:

- **Interpersonal Relationships**
- **Developing Career Programs**

Job Club Coach - A Job Club Coach must be an effective group facilitator with expertise in navigating the hidden job market, resume and cover letter writing, and interview strategies.

Foundations in EVG - This course is designed to meet the educational requirements (all core competencies and the Career Development specialized competencies) for the Educational and Vocational Guidance Practitioner (EVGP) credential.

To view our full course schedule, please [click here](#)

DID YOU KNOW?



Financial expert, Chad Viminitz, reported that **“63% of children (9 – 14) just want to do more fun things with family.”** www.scribd.com/doc/44342378/Research-Reveals-63-of-Children

“Boxing Day” (the day after Christmas) was traditionally a day for distributing the money collected in “alms-boxes” in churches over the Christmas season. Now, we try to make sure toys and food hampers are delivered before Christmas so that families who are struggling can have a Christmas celebration, too.

The Aldergrove Christmas parade is happening Saturday December 11th, 6:00pm. For route information please go to: www.aldergrovefestivaldays.com/

Life Strategies has just signed an agreement with Career Professionals of Canada that aligns our new [Job Club Coach course](#) with their Certified Resume Strategist and Certified Interview Strategist credentials at an 80% reduction in application costs for successful graduates from our program. Our upcoming course begins January 12, 2011.



FAVORITE RECIPES

Click on the name to get the recipe.

- Chocolate Shortbread
- Peanut Butter Balls
- Christmas Morning Wife Saver
- Whipped Potatoe Casserole
- Santa's Whiskers



Christmas Tea Audio Book:
<http://www.youtube.com/watch?v=StzD9Qv1Yj8>

Persian Chicken Kebab. Marinate some chicken, boneless and skinless thighs in the following mixture: 1/2 tub of yogurt, 1 grated raw onion, couple of dashes of saffron (if you have a coffee grinder best to grind the saffron with one cube of suger...this way it goes a long way), salt and pepper to taste and 2 lemons (include the rind and the juice). Let the chicken marinate in the mixture for the night and then you can skewer it with cherry tomatoes and BBQ.

Pecan Cookies

1/2 lb. butter, 1 tbsp. water, 4 rounded tbsp. berry sugar (very fine sugar), 4 oz. pecans, chopped very fine
2 cups flour, 1 tsp. vanilla, Pinch of salt
Mix well with a pastry blender the butter, salt, flour, sugar. Add water, vanilla and pecans, knead and roll out on floured surface and cut with cookie cutters. Bake at 300 degrees for about 20 minutes. Sprinkle cookies with more berry sugar while warm. Yum!

CONGRATULATIONS



Congratulations to the newest Personality Dimensions® Certified Trainers:

- Michelle Dignard
- Stephanie Greene
- Tracey Knihnitski
- Cheryl Thom
- Shannon Kenning



604.856.2386
info@lifestrategies.ca
www.lifestrategies.ca