

As the Bigger & Better Journey Continues... Changing Your Quality of Life

Attention Health Care Workers
Bigger & Better Journey Learning Centre is pleased to announce the launch of our:



■ Melanie Crawford

There is no doubt the flu season is upon us. Our community needs to remain strong and committed to each other as the absentee rate is on the rise in our workplaces and schools. It is evident that our health care workers are inundated with phone calls of concern, back to back appointments and various other demands. The Bigger & Better Journey Team would like to publicly say "THANK YOU" to all of the dedicated people that work in our health care system.

As a token of our appreciation we are extending a 20% discount on everything we offer to everyone working in the health care field in Brantford and Brant County. This includes:

- Lunch & Learn Events • Computer Skills Upgrading
- Accounting Software Training • Personal Development Workshops
- Professional Development Workshops

The Bigger & Better Journey 2010 Event Schedule is due for release on November 27th

Here's the fine print. This discount may be applied to any class, workshop, seminar or event held in the 2009/2010 calendar year—but registration deadline is January 31st, 2010. Proof of employment within the health care sector will be required. ■



Melanie Crawford & her husband Warren own and operate Bigger & Better Journey Learning Centre with over 25 years of combined experience in educating & empowering others.

www.biggerandbetterjourney.ca

THE UN-COMFORT ZONE How Cool Are You?

"I didn't really understand the term until I'd spent a few years living and working in the real world."

BY ROBERT WILSON

My sons recently started talking about being cool, and I recalled my own teenage years and the need to be cool. That driving desire dictated the clothes I wore, the music I listened



Robert Wilson

to, and what subjects I became conversant in. And, yet despite all my motivation and effort, it remained elusive.

When I look back, I can see that all I really wanted was to be accepted, liked and admired. But, whatever I tried, I never quite felt cool enough. The problem was that I didn't really understand the term until I'd spent a few years living and working in the real world.

So, I explained to my kids, "Cool is when there's a problem and you do not get upset by it. When everyone else is panicking, rushing around and over reacting, the cool person is the one who stays calm, assesses the situation, then makes a reasoned

decision on what to do."

One day, I'll tell them about Frances Healan, my friend who completely owned this concept. Mrs. Healan walked with a limp, and I learned that she had suffered a severe injury to her hip and pelvis. Her doctor told her she would never walk again. His diagnosis was unacceptable. She had three daughters and two sons, all less than two years apart, with whom she had to keep up. Instead she ignored the pain and struggled with crutches, then canes, before walking under her own power again. I never once knew her to mention the great pain she continued to endure.

I met her when my friend Tony started dating Becky, the wildest of her children, and I dated Becky's best friend. It was while Tony and I waited for our dates to get ready, that I learned what an amazing conversationalist Mrs. Healan was. She would talk of her family and friends, of movies and novels. Pleasant stories that had no impact on my life or the world, and yet they were irresistibly...

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