

FOR IMMEDIATE RELEASE

**A New Kind of Resolution for Uncertain Times
International “Take Your Heart to Work” Day is January 27th, 2009**

There is not much that is certain in these uncertain times. Job prospects are in decline. Investments are in decline. Even gas prices are in decline ... for now.

Professional corporate life coach, Sheila Kelly, a self-confessed optimist, sees tremendous opportunity in all the uncertainty. She says, “In nature there is a concept called homeostasis, a regulator process for maintaining a stable, constant condition. Pundits agree that homeostatic equilibrium has economic, emotional, psychological and environmental dimensions, as well. What this means for me, in my coaching work, is that we are constantly seeking homeostasis or what some might call balance ... that place in the middle rather than extremes.

“Economically and culturally speaking, we are experiencing an extreme, a place in which the ability to regulate homeostasis has swung out of control. We are, in fact, being called to stop and have a hard look at where we’ve been and, more importantly, where we are going.”

The heart is one tool that is available to us; it is a natural regulator for returning to economic and cultural homeostasis. The heart knows. It has wisdom and is in constant communication with the brain. We need only stop, focus, and listen for out-of-the-box solutions. Out-of-the-heart solutions allow people to:

- Focus on what’s really, really, really important;
- Feel more comfortable in their own skin;
- Gain clarity and confidence;
- Lead with courage and certainty.

Imagine what would be different if, on January 27th, we all remembered to act from what we know in our hearts.

International “Take Your Heart to Work” Day is an opportunity for people to look within and to ask, “What is really, really, really important for me to remember today?” What we focus on today shapes our future.

A “Take Your Heart to Work” poster and individual focus cards are available at www.thebigyes.com

#

Contact Info.

Sheila M. Kelly

175 Summer Field Way, Dartmouth, NS Canada

902-462-8442

Sheila@TheBigYes.com

www.TheBigYes.com

Sheila Kelly is the founder of International Take Your Heart to Work day. She is a certified professional corporate coach as well as a certified Cultural Transformation Tools facilitator.