

From: National Financial Fitness [edu@financialfitness.com.au]
Sent: Friday, 14 January 2011 10:46 AM
To: edu@financialfitness.com.au
Subject: We did it for you, there

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Newsletter



Issue 41 - January 2011

Dear there,

First, we send our prayers and donations to our countrymen in Queensland - our thoughts are with you during this difficult time.

Next, excuse me as I say 'What a GREAT start to the year!' If one of your goals was to get financially fitter you've come to the right place. Our dedication in bringing you quality training resulted in **Government auditors commenting highly on our accredited course** yesterday.

They were **very impressed** with the Health & Wealth Program which is also the basis for our shorter courses.

If you **live or work in NSW** (Australia), **read our Corporate training section to see what is in, and how you can access this Government funded Program.** If you're not in NSW you can still book training or **become a Licensee and teach the course** (and we can apply for Government funding in that state). Just [contact us](#) to find out more.

Until next, stay healthy, happy

From Your Money Mistress: Whipping your wallet into shape!

I have been asked to give a talk to the public at **Dickson Library** in the Australian Capital Territory on **Monday the 28th February**. If you would like to attend please RSVP to 02 6205 9000. **Spaces are limited** and the talk will go from 6 - 645pm.

I'll be sharing tips on how to improve the Financial Fitness in your personal and work relationships.

If you can't make it but think that **an adult activity book that acts as your own personal counsellor** is worth \$32.95, then check out The Bedside Guide to S&M: How to have Sizzling S*x & More Money in your relationship. If you'd like a signed copy (& maybe a discounted copy for a friend), grab it [here](#).



Corporate training

Under the [Strategic Skills Program](#), Group314 (see our Thank you section), have made it onto the **Government's Approved Provider's List. This means** existing workers (even if you only work 1 hour a week), can participate in our Health & Wealth Program and learn all or some of the following:

1. Develop and use a personal budget
2. Develop and use a savings plan
3. Understand debt and consumer credit
4. Understand Superannuation
5. OHS, technology and work effectively with others

If you'd like your organisation to be more productive due to less sick leave, compensation claims and fraud, your employees need to do this Government accredited and funded Health & Wealth Program. Research has shown that fraud increases in the workplace when there is financial stress at home. And **prior results are an indication of future returns.** Just ask us about our participants' success in 2009 and 2010. Or view the Program [here](#).

& wealthy, inside & out!
National Financial Fitness

Thank you.. goes to [Group 314](#). Going through the **Royal Military College** some... (cough) 18 years ago with someone, allows you to know if you can work together and respect each other. Indeed I'm proud to be aligned with this Registered Training Organisation (RTO). **Please note it is the only Australian RTO authorised to deliver our training. If you suspect another RTO is delivering our training we appreciate your confidentiality in notifying us.**

Life's lighter side

Please accept that no offence is intended. If you have a sense of humour, you are on the way to great health.

This will test the readership. It's courtesy of Allan Pease' Politically incorrect Joke book.

A drunk was standing in a carpark with keys in hand. 'Someone's stolen my car. It was on the end of this key,' he says to the Policeman. 'You're a drunken mess,' says the Policeman. 'Why is your fly open?' The drunk looks down and says 'Well they've stolen my girlfriend too.'

If you think someone may benefit from this information please [forward this email](#). The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.

For more information on how Financial Fitness can benefit your organisation & its clients **just hit reply and type "more please"**. **Remember we exist only for you.**

Individuals

Remember that achieving goals is easier when you have support so **grab a Financial Fitness friend and arrange to chat once a week**. It doesn't have to be in person and if you have more than one friend that's great! Hold each other accountable and reward (or punish in a fun, educational way if competing) when stepping stones are reached.

Aunty Lissy (view the [website here](#))

Each new year I look at what was started and finished in the previous year and what I'd like to start or finish this year. **This time I added a Being list** where I was going to write all the things I want to be (instead of want to have). I started with 'I am being non judgemental' **and ended up with a poem. I hope you like it and the colours. You can read it [here](#).**



Fitness Tips

For the Mind: Yesterday I cried a lot because my beloved brother would have turned 33 if he hadn't taken his own life at 26. Remember tears have a natural painkiller in them and it's healthy to let the s*^t out!

Body: By being still you can feel where you are tense. Rub that area or better yet, have a loved one or friend rub it for you. Or treat yourself to a massage. Human touch is important and this includes hugs.

For the Wallet: Wordpress tell me my blog is doing well but I'd like more subscribers :-). With one click you can now easily subscribe to the fortnightly relationship and money saving tips on my blog [here](#). You'll automatically get fortnightly updates on how to have a healthy mind, body and wallet.

For Inspiration

"Whatever befalls the Earth befalls the sons of the Earth...The Earth does not belong to man. Man belongs to the Earth...We do not inherit the Earth from our ancestors. We borrow it from our children."

Chief Seattle, over 150 years ago