

Our accredited (nationally recognised) Health and Wealth Program that Mantra Training & Development recently ran in New South Wales **shows how financial education improves lives.** 93% of students completed the course and 60% have graduated to jobs they found while on the course and one Canberra student wants to do the whole course again, he enjoyed it so much.

**Maybe these results have something to do with the role plays, emotional intelligence and Success interviews in the Communication module?** Of course the content and activities are great too - but that's enough about us and our students. Can you tell we're excited??

For Australian readers there is more in the Client services section.

**Sincerely wishing you great health, wealth and happiness,  
National Financial Fitness**

## Thank you

A HUGE thank you goes to [Mantra Training & Development](#), the Registered Training Organisation (RTO) that applied for Government funding so our course can be delivered to eligible participants. **If you've recently become, or know of someone who has become unemployed,** contact [Mantra Training & Development](#) to find out when the next course is running in your location.

## Life's lighter side

*Please accept that no offence is intended. If you have a*

## From Zed's Desk

Wow, how quickly a month goes by. Since the last newsletter I ran into an old friend I hadn't seen in 15 years and how quickly that time had gone as well! When he revealed he'd liked me all those years ago but didn't think he had a chance, the irony was that most of the girls, including me, didn't think we had a chance with him!!



Isn't it amazing how we perceive ourselves and others? **And what opportunities go by because we fear rejection, or fear enough, fear succeeding?** The meaning we attach to a possible outcome can be so strong it renders us paralysed. **If we redefine the meaning (eg a "No" means "Not until I know more" or we're meant to focus on another opportunity), then it's easier to take action.**

Do you have someone 15 years younger you could pass this onto? And I would love to read your thoughts [here](#). And thank you to John and our gentleman from Yemen of all places, who wrote their thoughts last month.

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## What a great concept

A Milwaukee 5th grade teacher is seeing greater attentiveness, fewer behavioural problems, better posture and greater enthusiasm after installing stand up desks. "As a teacher I never sit down. Why should I make the children sit down?" Pam Seekel asks.

The growing movement in Wisconsin and Minnesota experiments with the physical learning environment, including the introduction of stability balls. Students can shift their weight, lean, stretch and wiggle while they learn.

**So do you believe in "Do as I say, not as I do"? And have you come up with an improvement or solution as a result of thinking outside the norm.** Looking forward to reading your views [here](#).

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## Subliminal messages

*Extract from The Australia Institute newsletter:*

The Australian Communications & Media Authority (ACMA) recently investigated a complaint against Channel Ten for broadcasting subliminal messages with commercial content during the 2007 ARIA Music Awards. They have now ruled that broadcasters can transmit commercial messages as short as three consecutive frames (or just over one tenth of a second), but not of one or two frames. Apparently one tenth of a second is easy to spot but anything shorter will now be deemed 'subliminal.'

ACMA believes that this is consistent with the prohibition against techniques which attempt 'to convey information to a viewer by transmitting messages below or near the threshold of human awareness'.

'Human awareness' of an image being flashed quickly on a television

*sense of humour, you are on the way to great health.*

An 80 year old woman's Doctor has retired so on her next visit the new young Doctor has scanned her file. He notices she has an ongoing prescription for birth control pills so she can sleep at night. The new Doctor queries this, stating there is nothing in the pills to make her sleep better. The woman pats the Doctor's knee, saying she knows this, but every morning she grinds a pill into her granddaughters orange juice. She says that is what helps her sleep better!

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**If you think someone may benefit from this information please forward it. The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.**

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**Next month:**

**Your personal Key Performance Indicators (KPIs)  
End of Financial Year offers**

screen does not equate with 'human awareness' of the nature of the image being displayed or the commercial intent of the message. Yet ACMA's decision means that we can expect to see (or not see) more subliminal content on our TV screens in the future.

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### Client services

Apologies to non Australian readers however our [Resources](#) page does show what is available to you, wherever you are in the world. **We'll be adding a Family Pack, Cashflow Coaching and the new improved Cashflow Calculator to this soon.**



For Australian readers, the Canberra May course is filling fast. **South West Sydney, Nowra and Bateman's Bay still have vacancies for jobseekers.** For information on what the accredited course covers view the flier [here](#) or [contact us](#).

Please note **small business owners and their employees** also receive Government funding in the ACT.

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### Fitness Tips

**For the Mind:** Awareness of an issue allows you to deal with it. By sticking your head in the sand you expose your bottom to be bitten! So if you're not achieving the results you desire where do you need to raise your awareness?

**For the Body:** Depending on your ethnic background, a waistline measurement greater than 94 centimetres (37 inches) for men, and 80 centimetres (31.5 inches) for women, indicates increased risk of chronic diseases. What's your waistline looking like?

**For the Wallet:** At least every 2 years (12 months is better), take a day to compare phone plans and insurance providers. You'll not only save money, this "routine" will save you time compared to doing it sporadically and it will give you peace of mind. And you can, just like others, **add your own suggestions** [here](#).

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### For Inspiration

***Fear not that your life shall come to an end,  
but rather it shall never have a beginning.***

*Cardinal John Newman*

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### Training for a healthy Mind, Body AND Wallet

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