



SELECTIVE PROFESSIONALS'
NETWORK

SPN eNEWS

June 2018

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

–Lao-Tzu

Something to think about— “The only person you should try to be better than is the person you were yesterday.” – **We are all guilty of comparing ourselves to others, and sometimes this makes us feel inadequate or unmotivated. It is important to remember that we are all individuals, and the only person worth competing with is yourself: this is ultimately the best way to become the best version of you!**

This June, we would like to let you know what's new at
SELECTIVE PROFESSIONALS' NETWORK

- As of the month of June, we now offer two optional personal exercises you can do to help you reflect on what is most important to you—what qualities you are seeking and how you present yourself. We are here to help you with your search and help you be successful. Your success depends on you—your open-mindedness, acceptance, and your presentation. If you are interested in hearing more about the 2 optional exercises, please contact us.

- We have continued to grow our complementary professional services being offered to our clients. As you only have one chance to make a great first impression, we are here to help! We are excited to present our newest relationship with a great Winnipeg resource!

We have partnered with a very talented **Cosmetic Dentist, Dr. Ken Hamin**. He works out of Reflections Dental Health Centre and has had the opportunity to create beautiful smiles for many Winnipeggers! Dr. Hamin has a wonderful skill to help his clients have natural beautiful smiles and enhancing their self-confidence.



Anytime is the right time to assess your smile. This is especially true with respect to getting back into the relationship scene or meeting new people. We do hope that you will take advantage of our newest A' La Carte services to enhance yourself, as you step out to meet some new people. Please contact **SPN** and we would be pleased to arrange a consultation.

In the months of July and August, Dr. Hamin's office would like to offer **SPN** clients a brighter, whiter smile with a special offer for teeth whitening-- In Office Whitening (only one appointment) \$499 or Take Home treatment \$199 . Read about how it works at [**Zoom Teeth Whitening.**](#)



Dr. Ken Hamin



Cosmetic Dentistry

Dr. Hamin graduated from the University of Manitoba with his DMD degree where he made the Deans honour list and was awarded for his achievements in Crown and Bridge construction and Restorative Dentistry.

Today, you'll not only find him creating beautiful, healthy smiles at Reflections Dental Health Centre, you'll find him at the University of Manitoba working part time as a clinical instructor.

Dr. Hamin believes in the value of ongoing education – staying in step with all of the technological developments in the area of dentistry. After graduating with his degree from the University of Manitoba, Dr. Hamin continued his training with one-year hospital residency at Royal University Hospital in Saskatoon, Saskatchewan. But he didn't stop there.

Dr. Ken Hamin completed a five-year post Graduate Diploma program in Aesthetic Dentistry in Buffalo and Minnesota (one of only a few in America). He is currently the Academy of General Dentistry's Regional Directory for Western Canada (www.AGD.org). He is also an active member of the Canadian Dental Association and American Academy of Cosmetic Dentistry. Dr. Hamin performs Chao Pinhole® Surgical Technique in Winnipeg, Manitoba.

- **Happy Canada Day!** – It is without question that our country's big birthday celebration will be a big one this year, and Winnipeg ensures that no matter where you are in the city, there will always be something fun to do!

As always, Osborne Village's Canada Day Street Celebration will be in full swing with the usual suspects as well as a few new additions this year: a classic hockey tournament, fourteen extended patios, five live entertainment stages, a fashion show that showcases what the village has to offer, a massive family zone, blowout sales, and much more. If

you head to the Bell Tower Stage at 1pm, you might be able to snag a piece of Canada's birthday cake!



As always, there are also things to do at The Forks, Oak Hammock Marsh, and Assiniboine Park. More information can be found at [Tourism Winnipeg!](#)

- **The (Lost) Art of Self-Reflection** – Do you often find yourself blaming others for your problems? Do others seemingly ‘get in the way’ of your happiness?

Sometimes, the problem is not external, but actually *internal*.



It is extremely beneficial to stop and ask yourself, “What is my role in my problems and how can I address things differently for different results?” Beverly Flaxington has explored nine ways in which you can begin to practice self-reflection in your daily life:

- 1) Identify Those Things (Or People!) That Are Upsetting to You.

The first step is always the easiest! Make a list of everything that has been causing you stress, and consider *why* they are upsetting. It could be complex or simple, but either way, write it down!

2) Once Your Triggers Have Been Identified, Consider Their Impact.

What has happened or might happen to you as a result of the difficult situation? Are you losing sleep, having caffeine withdrawal, unable to be efficient in your career? What is the outcome of the difficult situation?

3) How Important Is This Issue To Fix?

Once you identify the problem and its impact, you may decide to just let it go, or perhaps it requires a bit more consideration. Take your time and choose which problems are worth the battle and next steps.

4) If There is Significant Impact, Consider Your Role in Creating, Exacerbating, or Continuing The Situation.

Unfortunately, this is the hard part. Unless you properly weigh your role, your self-reflection will stop just short of being constructive. Consider what you are doing now, objectively, that creates the fuel for your fire over the situation or other person's behavior.

5) List What Steps You Have Taken That Keep You Stuck.

This is the time to rethink what you have previously tried and what has ultimately failed in your attempt to rectify your issues. Honesty is the key to this step.

6) Consider Your Own Style.

Do you like to keep harmony and diffuse all conflicts? Do you rush to the finish line without a clear plan to cross things off your list faster? Look at how you approach difficult situations and see how it connects to your current troubles.

7) Own Your Stuff.

Try not to ruminate or obsess over your situation. Decide that you want to move past blame and into a better place of action.

8) Identify Just One Thing You Can Do Differently Next Time.

Think of just one change that you could make relating to the situations that you have outlined. There is no need for a big leap—small shifts are the key to progress!

9) Keep Trying New Things!

Work with yourself objectively and in good faith. Try not to blame, and instead, be part of a solution. The more you take action, the more self-reflective and active you can be, which will lead to an overall decrease in stress and increase in positive outcomes!

You can read the whole article at [Psychology Today](#). Right now is always the best time to begin improving yourself and your life!



- For all of our new clients, just a reminder that introductions are typically emailed weekly during Monday or Tuesday.
- PER YOUR CLIENT AGREEMENT: Don't forget it is up to you to advise us whether you are available to be considered for any introductions in July. Please email to info@selectiveprofessionalsnetwork.com or info.spn@shaw.ca during the first week of EACH month and advise if you are available for an introduction. In the subject line, you can put- "Available for an Introduction". *If we do not hear from you, it will be taken as you are unavailable to be considered for an introduction.*

This would include if you have been introduced to a candidate, agree to meet again, and then you did not continue seeing each other. We won't know, unless you tell us. ☺

Also, during the month, do not forget to notify **SPN** if you become unavailable.

- Thank you for your referrals in May. We love to help people and would love to help those who are not aware of **SPN**. If you know of anyone who may benefit from the services of **SPN**, please feel free to refer them. This month's new referrals will be thanked with a gift card to **Starbucks**. Therefore, please ensure any potential clients you have referred, do provide your name.

Should you know of any successful, single professionals between the ages of 25 through 75ish, looking for a better way to connect with like-minded singles, please have them contact:

Paula at Paula@selectiveprofessionalsnetwork.com (Cell: 204.995.3175)

- If you are a past client and would like to reactivate your membership, please ask about your options.
- Each month, **SPN** will email you our **monthly** newsletter. You should expect to receive it towards the end of each month. If you do not receive it by the end of the month, please contact **SPN** to notify us that you have not received it.

Best regards,

Patricia Veert
President

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