



SELECTIVE PROFESSIONALS'
NETWORK

SPN eNEWS

September 2018

“Love is a friendship set to music.”

–Joseph Campbell

Something to think about— “Life is 10% what happens to us and 90% how we react to it.” –
While it is important to acknowledge your emotions and how you feel about a situation, it is also significant to look at any issues that arise as hurdles that we have to overcome with our outlooks. The more hurdles you jump, the easier it will be to run that extra mile!

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

- Loving the fall colours! Such a great time of year to enjoy a walk outside. At SPN, we have been busy spreading the word of our great way to meet single professionals! Check out our billboards throughout the fall season—Graham at Garry, Osborne at River and Donald at Bell. You can find us in the latest Cellar Door magazine, too! Our new website has given us a new upscale look. Don't forget that you can view past eNews issues on our website.



- **A Wardrobe Refresh is Always a Great Idea!** – Keeping up with fashion and consistently updating your wardrobe is essential to putting your best self forward, and Fall is a great opportunity to get a head start on looking your best! A quick purge of old items or adding a few new styles into your closet is the quickest way to feeling refreshed and keeping organized with your look. [Huffington Post](#) shares their tips on what to ditch, what to keep, and how to clean out your closet like a pro:



1. **Keep the Basics** – The things you want to keep in your closet are the everyday pieces that you can mix and match with the trendier, season pieces you acquire throughout the year. Take a good look at your overall inventory and determine which pieces are great for layering, appear to be all season, and can go with a variety of outfits—these are the ones you need to keep!
2. **What To Ditch** – Once you’ve decided on the items worth keeping, it’s time to start purging. Some things to get rid of include: pieces you’ve worn under three times that are taking up valuable space, pieces you haven’t worn in a year, duplicates (you probably don’t need five identical white button-downs!), items that you’re hoping may eventually come back in style, and clothing that doesn’t make you feel great while wearing it.
3. **What Next?** – Once you’ve determined which pieces to keep and which to get rid of, there are a few things that you can do with your ‘ditch’ pile:
 - a. Donate your items to charitable organizations like Goodwill or The Salvation Army as they’re always happy to accept gently used clothing.
 - b. Set up a clothing swap with your friends!



Now that you've purged your closet, it's time for the fun part: adding new and exciting items that fit in with the upcoming season. It seems as though classic plaid, tasteful animal print, shearling coats, metallics, yellow hues, and western-inspired jackets are styles to consider this fall!

Need some brand inspiration? Subscribe to monthly newsletters from on-trend brands such as [Frank & Oak](#), [Holt Renfrew](#), [Simons Montreal](#) or [Nordstrom](#). Monthly updates will ensure that you are receiving great style suggestions that keep you looking your best all year long.

- **Keep Updated on Fashion Do's and Don'ts!** – Now that you have a shiny new closet to look at, it is important that you know how to dress yourself to look your best. It is surprising how many individuals do not realize that sometimes all it takes is a simple tweak to update your look. For shorter women, the difference between looking your height and appearing tall and professional may just be tucking in your shirt; for men, try avoiding dress pants that are both pleated and cuffed as this style is no longer considered trendy or flattering. Sleek and narrowed leg pants look much more flattering on men. A quick Google search on fashion for your body type never hurts!



- **The Key to Happiness in Our World** --- A quick look around us reveals that most individuals are unhappy about something, and often times this mindset is contagious to those around them. If you are not careful, this negativity can find its way into your own life and compromise your own wellbeing. Whether it is a personal issue, a world event, politics, or a work-related tussle, there are ways in which you can both insulate your mood and help others cope with their own negative emotions:



1) The Road to Happiness is Not Thinking About It.

As backwards as this sounds, Lucy McGuirk of the University of South Wales along with her fellow researchers agree that although placing value on happiness may have benefits when we feel happy, feeling pressured to be happy can itself create unhappiness.

2) [A Cycle of Misunderstanding.](#)

When people around you are stressed, depressed, or angry, you often feel as though they are taking away from your own good mood—this, in turn, causes you to feel resentful and worried about your own state of mind. Your lack of empathy for their feelings can sometimes make their experiences even more painful, as they want to be heard but you don't want to listen in fear that your own mood will plummet. Show others that you accept their feelings for what they are rather than make them feel that there's something wrong with them. Practicing empathy, and allowing yourself to help them feel better about their situation, will most likely make you feel better and not worse!

3) [Distract Yourself From Expectation.](#)

The key to avoiding the social pressure to feel happy all the time is being able to distance yourself from this expectation. When you are convinced that you have to be happy because society tells you that you should be, don't let yourself be dragged down by the tendency to reflect on where you're falling short. Avoiding this should help you protect yourself from being brought down by negativity.

Ultimately, when you're unhappy in a culture that values happiness above all else, ruminating over your own negative inner state will create an ironic effect of increasing your unhappiness even more. So, how do you maintain your happiness when others around you are not? Lucy McGuirk suggests that you make a conscious effort to avoid reflecting on your own 'deviant' inner state in relation to those around you. You should also allow yourself to dip your toe into the unhappy waters without becoming preoccupied with whatever negative emotions you may experience. Normalizing unhappiness is the key to appreciating and experiencing, happiness overall!

You can read the whole article at [Psychology Today.](#)



- 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 October. 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 August. 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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