



SELECTIVE PROFESSIONALS'
NETWORK

SPN eNEWS

February 2019

“In the end there doesn't have to be anyone who understands you. There just has to be someone who wants to.”

– Robert Brault

Something to think about— “The meaning of life is to find your gift. The purpose of life is to give it away.” – **We are all good at something whether that is a hobby, career path, or practical skill. Once you have found what you are good at the next step is to ask yourself how you can help others with your skill. By passing the knowledge along and allowing others to reap the rewards of your success it will not only leave yourself feeling fulfilled but will leave those around you equally as happy.**

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

- After what seems like a very long winter, we are excited to know that spring is soon to occur! Time for longer days and the anticipation of the snow melting.



- At **Selective Professionals' Network**, we hope you say goodbye to winter with:
 - A last skate at The Forks
 - A walk through the trails in the woods at a local park admiring the snow cover
 - A night cross-country ski through Windsor Park Nordic Center
 - FortWhyte Alive offering toboggan slides, Nordic walking, cross-country skiing, snowshoeing and skating, ice fishing and more.



- **It's Time for Spring Cleaning:** Although we consider spring cleaning to mean ripping your living space apart in order to rid it of the winter blues, it is fairly easy to translate this mindset to tidying up your lifestyle as well. Here's a quick checklist of five more ways you can tidy up this spring:
 - 1) **Check-In On Your Career Goals** – Is your job still bringing joy or fulfillment into your life? Will it lead to something bigger and better or are you settling into your comfort zone? Are you where you want to be?
 - 2) **Separate Yourself From Toxic Individuals** – This step is not easy but it is integral to your overall happiness. If you have a friend that makes you feel bad about yourself it may be time to move on towards those who love you for who you are.
 - 3) **De-clutter and Re-evaluate Your Wardrobe** – It's true: we all have items in our closet we absolutely mean to wear someday but just haven't gotten around to yet. It is time to evaluate every item in your closet based on wear, functionality, and if it is still on trend. (Hint:

Remember the feature on Tidying Up With Marie Kondo from the last eNews? This is a great time to go take a look!)

- 4) **Organize Your Workspace** – If you are attempting to work surrounded by assorted clutter, and feel distracted and anxious, you aren't alone. Take an hour out of your day to make your workspace a place of minimalism, organization, and creativity.
- 5) **Focus on Your Health** – Create a simple and doable workout schedule, work towards getting a consistent good night's sleep, and evaluate your current dietary habits.



- **Upcoming Spring 2019 Fashion Trends:** As soon as spring rolls around that means fashion is taking a turn towards something new. To stay on-trend and up to date with the current styles, here is a quick comprehensive guide to get you started.
 - **Head-To-Toe Neutrals** – Beige is going to be a *huge* colour this season, but black, grey, navy, and brown are still a great way to dip your toe into this trend. If you aren't a fan of being monochrome, try styling your beiges with pops of pastel shades or fabrics such as leather, silk, or linen.
 - **Neons and Pastels** – It may seem daunting to dress entirely in bright colours, especially if you are in a professional setting, but even a bright handbag or tie can really animate your outfit and keep it spring-ready.
 - **Black and White Patterns** – It looks like both checkerboard and polka dot patterns in these two classic shades will be everywhere. Not only are these easy to incorporate into any wardrobe, but they can also breathe some fresh air into an otherwise simple outfit.

- **Craftwork** – Think crochet and macramé with minimal details. All over the runways this spring, craftwork can fall into any fashion style: trendy, minimal, bold, feminine, or professional.

These are only a handful of many trends coming up this season, and although fashion can sometimes get a bit strange, these are some more wearable ways to stay current and feel refreshed as we transition from winter to spring.



- **11 Secrets of Irresistible People** – Some individuals just seem to always radiate with energy, confidence, and charm. These people are the life of the party and are those whom you turn to in times of need—but what makes them so magnetic? The key is that their self-worth comes from within and isn't dependent on others. They find their own validation, confidence, and happiness and use it to their full advantage. Looking to be one of these individuals? Here are a few ideas to get you started!



1. They Treat Everyone With Respect – No matter if it is their biggest client or their waitress, irresistible people are always polite and respectful. They understand that others are just as important as they are, and don't believe that they are above anyone else.
2. They Follow the Golden Rule – The rule of treating others as you wish to be treated has one fatal flaw: it assumes that everyone wants to be treated the same way. It ignores that most individuals are motivated by different things. The key here, though, is reading other people and adjusting your behaviour and style to make them feel comfortable.
3. They Ditch The Small Talk – By sticking to small talk you will never move towards an emotional connection, which in turn prevents anyone from having an affinity for you. Irresistible people create connections and find depth in short, everyday conversations and their genuine interest in others make it easy for them to ask all the right questions.
4. They Focus On Others – Irresistible people spend more time thinking about others than themselves. They don't obsess over how well they're liked because they're too busy focusing on those around them. Try and focus on what others are saying, not what your response will be, and always follow up with open-ended questions to draw them out even more.
5. They Don't Try Too Hard – Unlikeable people will try too hard to get others to like them by bragging or exaggerating their accomplishments. Irresistible people don't dominate the conversation but ride the waves of it.
6. They Recognize the Difference Between Fact and Opinion – The idea here is to handle controversial topics with grace and poise. Although you shouldn't be reluctant to share your opinions, you recognize that they are not facts and that others may think differently.
7. They Are Authentic – An irresistible individual is predictable, trustworthy, and open. They don't try and act mysterious to seem 'cool,' they provide you with concrete details and none of the confusion.
8. They Have Integrity – As every upstanding individual should be, irresistible people follow through with their promises, do not gossip about others, and always do the right thing.
9. They Smile – While this seems like an easy one, sometimes it is hard to remember to smile. People naturally mirror the body language of the person whom they're talking

to—so if you smile during a conversation, they will unconsciously return the favour and feel good as a result.

10. [They Always Look Their Best](#) – Know the line between being presentable and being vain! Making an effort to look your best is comparable to tidying your house before guests arrive: it is a sign of respect for others. Follow step five and don't try too hard here, but still allow yourself to make conscious choices as to how you wish to be presented.
11. [They Find Reasons to Love Life](#) – Irresistible people are positive and passionate. They see life as an adventure and approach it with an infectious joy. While irresistible people still have problems, they approach them as temporary obstacles instead of inescapable fate. Remind yourself that a bad day is just one day and keep up hope that tomorrow or next week will be better.



The one key point to take away in order to become a more irresistible individual is to focus on others more than yourself. If you make those around you feel respected, understood, liked, and seen, then these feelings will undoubtedly rebound back onto you!

- [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 March. 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 January. 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

To unsubscribe, please email info@selectiveprofessionalsnetwork.com with the subject line **Unsubscribe**.