

## SHIRLEY'S JANUARY 2012 NEWSLETTER



Leap year 2012 can bring you to being a happier, healthier, and more active person. This can be accomplished by choosing portioned, healthy food choices; exercising more; drinking our water, and staying with our TOPS' friends as we support one another through the year. If you made New Years' Resolutions check to see that they are small steps --that will lead you to your goals. As we accomplish feats we are better able to charge ahead with our positive attitudes.

### Leadership Skill of the Month

I will continue the series in the newsletters and at future workshops. This month, I will present the skill "Praise." Praise is defined as "the act of making positive statements about a person, object or idea." Praise, both giving and receiving affects us in positive ways. When we are winning or succeeding at something, chemical changes occur. It creates more of the chemical dopamine causing us to feel well and it is essential to memory and learning. We feel enjoyment and satisfaction. In the business world, praise has been shown to increase productivity and lower employee turnover. Giving praise is a win-win behavior with multiple benefits and no cost. Our dopamine levels change every seven days, so consistent praise is important. Praise must be deserved and sincere, timely and appropriate for it to work. Are you praising each other in your chapter?

### IMPORTANT DATES

SRD is April 13<sup>th</sup> and 14<sup>th</sup>.

Spring Workshop will be in Kokomo IN 1494.

IRD will be at San Diego, California July 5-7.

Summer Fun-? You may host it.

Fall Workshop-? Hostess needed.

(**\*\*\*TOGETHER WE'RE TOPS \*\*\***)

♥.\*'()\*~♥ :.: :.: :.: ♥.\*'()\*~♥♥.\*'()\*~♥ :.: :.: ♥.\*'()\*~♥

Shirley Day-Area Captain, [topshirley8-kops@yahoo.com](mailto:topshirley8-kops@yahoo.com)

751 Sundown Circle, Plainfield, IN

Phone: 317-363-8007