



**Newsletter 6
June 2006**

How to Get More Lucky!

Welcome to the June edition of Work Life's Newsletter.

With the World Cup in full swing, a lot seems to be being made of luck (or the lack of it!) when it comes to Ref's decisions, ball swerving, even whether our own Mr. Rooney will be fit in time, and will remain uninjured for the rest of the tournament! But leaving football for a moment (don't panic - just a couple of minutes!), is there anything WE can do to actually become more lucky? Well, according to Professor Richard Wiseman who's conducted the largest ever study into the subject, the answer is a resounding yes! To find out how, carry on reading.....

WARNING: by following the guidelines laid out below you may find you become so lucky that you're no longer allowed in Casino's and have a permanent ban from entering Las Vegas!!

> Make more friends

Apparently a huge part of what makes us 'lucky' is being in the right place at the right time. However, much of that is dependant on how many people we know. For instance, if you have an active network of 100 acquaintances, you're far more likely to hear of opportunities that you've been looking for than if you only had a network of 50. Therefore have a look through your phone or address book, and make sure you've not let friendships (or even business relationships) lapse. By doing this the worst that can happen is that you renew some good relationships, and you just might make a connection with someone who has the news / connections / job offer which to others would seem like you're the luckiest person on earth. You could also be that person who starts talking to people on trains or in supermarkets - if that works for you then great!!!

› **Go on, try something new!**

Another thing that Professor Wiseman noticed, having interviewed thousands of self proclaimed lucky (and unlucky) people, is that the lucky one's seemed to be much more likely to be up for new experiences. In doing so they were more likely to be exposed to more opportunities than they're unlucky 'creatures of habit' counterparts. So if you're the sort of person who always goes to the same place on holiday, or will eat the same meal at a restaurant time and time again because you know you like it, then go on, try something new!! Another way of doing this is to let a flip of a coin (or the roll of a dice) make your decisions for you. Whilst I'm not suggesting using this approach to decide how to invest the company's pension fund, it may be a nice way to decide things like holiday destinations, or a new route to work - you never know, on the way you may find your dream house!!

So bringing it back to football, I'm sure some of you have already realised that Sven seems to already know these tactics. After all, he's clearly good at maintaining relationships, his substitution decisions are obviously done with the aid of a dice, and finally he's looking on the positive side of his impending unemployment (which has no doubt been made a little easier by the huge sums of money he's been given!!!!!!).

If you'd like to know more about this fascinating subject then I'd strongly recommend you get a copy of Richard Wiseman's book, "The Luck Factor" which has got many more really useful tips on how we can increase our own luck.

Until next time, I hope you have a fantastic, luck filled June, and COME ON ENGLAND!!

Shameless Plug!

Do you feel like you deserve more luck? Have you reached an impasse in your career? Is there someone who should be ready for promotion but isn't? Would it help you to perform at a higher level? If the answer to any of these is yes then Work Life can help you solve your problem: We are delighted to offer our personally tailored 'Work Life Performance Coaching sessions' which will help you:

- › Set and reach goals more quickly than you thought possible
- › Understand how you can increase your luck
- › Identify and eradicate your personal barriers to success (that YOU have unwittingly created!)
- › Change self-defeating attitudes or behaviours
- › Increase your self-confidence
- › Improve your ability to influence at all levels

Work Life Performance Coaching sessions can be Corporate or Private, and all sessions are undertaken by experienced coaches.

For price details and bookings please call now on 01227 766260. We look forward to receiving your call.