

ELEVATE YOUR Q NEWSLETTER

Wishing you all a blessed and wonderful holiday season. ~Kirk, Cathy & Kierstyn

ONE WORD 2025

As I prepare for the holidays and to embark on another year, I have been spending time reflecting on my One Word for 2025. This year I have chosen "Present".

"The moment is now. The present moment is not just a progression of past moments, but is alive in its own way, complete and perfect. And it is this new moment that demands our attention. Only in the moment can we be fully awake and respond to the real needs of ourselves and others. Only in the present moment can we be fully attentive."

~Llewellen Vaughn Lee

This is my seventh year reading the book and implementing One Word in my life.

What is your One Word for 2025? Join Jon Gordon in the One Word Challenge to bring more focus, purpose and commitment to 2025!
www.onewordchallenge.com

JON GORDON CERTIFIED TRAINER

I recently attended Jon Gordon's Day of Development and completed the Jon Gordon Certified Trainer Program for The Energy Bus, The Power of Positive Leadership and The Power of a Positive Team.

I cannot wait to share these amazing tools with you through speaking engagements, workshops, team and individual coaching.

Visit <https://www.cathydomsch.com/solutions> for more information!



ELEVATE YOUR Q

How mentally fit are you? Your Positivity Quotient (PQ) is the measure of your positivity vs negativity. Increasing your PQ allows you to respond to difficult situations vs reacting to them.



A Catalyst For Change