



MIND... SET TO SUCCESS

(The Time When it's Good to be Overweight)

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Speaker Humorist Magician

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Dear John

"May I give you some feedback?" She said as I stepped off the stage after delivering my 'Strength Of One' presentation after dinner to about 120 independent opticians. Great, an opportunity to learn something I think. Even though the speech went very well I'm all for improving my skills as a speaker so I eagerly agreed to listen. "You need a smaller jacket!"

She was right my jacket was too big, not so big I looked untidy but big enough for someone who is astute enough to notice. Then I pointed out I've been purposely losing weight.

Actually, coming from Yorkshire we Yorkshire folk don't like to lose anything and as we always like to gain things I prefer to call it 'gaining health'.

I told her that to date since May 2010 I have become nearly six stones (84 lbs or 38 Kgs) lighter and I'm still overweight by about 2 stones (28 lbs or 13 Kgs).

Strange, back in May 2010 I was clinically very obese (not just obese but VERY obese) and one of my interim goals was to become overweight. It's strange because it must be the only time when becoming overweight is looked upon as becoming healthier.

Anyway, immediately her attitude changed because she realised the challenge of buying clothes when your body is slowly... deflating. She didn't apologise, there was no need to she enjoyed the presentation so much she thought she was being helpful and she was, but not in the way she thought.

She was right and I decided it was time to trot off and buy some new clothes and something happened I didn't expect. I tried on a suit and when looking at myself through the mirror I thought, "John, you are HOT!!!!" A moment later I was shocked I had that thought. You see John I am not a vane person, or at least I didn't think I was as I'm not one for looking and admiring myself when I catch a glimpse of myself every time I walk by a mirror.

Then I realised something, I wasn't being vane I was celebrating an achievement. For the rest of the day I gave myself permission when trying on clothes to admire myself, how well I looked. I wasn't saying I was God's gift to women, or I was better than anyone else, I was saying well done to myself keep it up, 28lbs to go.

For years I had been beating myself up about my weight now was a time to be joyful.

On my travels as a speaker I find it amazing how many people (myself included and I should know better) from time to time beat ourselves up and sometimes for the most trivial of things.

OK don't ignore the the mistakes you make, don't ignore the things you do wrong by all means do your best to correct them and improve. All I'm saying, to keep our spirits up and providing we



John's YouTube Channel



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don't become arrogant, focus on your achievements and what you've done and do well and above all from time to time celebrate your achievements.

The Sneaky Stunt - I beg your pardon

A silly one this month.

Tell your friend you have mind reading super powers and will predict which word they'll say next. To prove it you've written the word on a piece of paper, which you hold in your hand (make sure they can't see the word, you might fold the paper up).

Then remain quiet and sooner or later they'll say, 'What?'

At which point, you show them the word you've written on the paper, which is.... the word 'what'.

I said it was silly :) One word of warning this may not work 100% of the time but will work most of the time so don't be tempted to bet money on it.

The Challenge - for a bit of fun, I challenge you to drop this useless fact in to your next conversation

Apples, apricots, bananas, avacados, blubberies, cantelopes and peaches all produce ethylene gas, a ripening agent.

Sooooooo, if you put ethylene producing fruits near freshly cut flowers they can cause them to age prematurely. Of course you can use these fruits to your advantage and ripen fruit and veg that needs ripening.

I have to admit, I knew that about bananas but not the other fruits.

Doing More With Less - Obvious and not so obvious ideas to help you in business

Most of us are returning from holiday, before we start work in earnest tidy up the office, redecorate if necessary but clear out anything you're not using from the drawers and cupboards.

I know the definition of junk is something you've had for years and never used and the moment you throw it out you need it. Never the less if you have something you've not used for the past 18 months throw it out. Clear your desk and put on it only the things you need, those papers and files that have been on there for months because they're the next thing you're going to deal with but haven't because more urgent stuff has relegated them to the bottom of the pile, either throw or file them away.

Prune down your shelves, throw the books away you haven't referred to in a few years better still give them to a colleague who can read them or take them to the charity shop.

If you put stickers or notices on the walls take as many down as you possibly can, either throw or file them away just keep up what you NEED.

Then give the office a good clean and see how you feel.

I did this exercise to every room in my house over the summer and I now actually have cupboards and drawers with nothing in them :O And boy do I feel focussed.

Try it and see what happens.

True Wit... and wisdom? - I've always admired... wit

"I've been married eight times. My marriage vows reads, 'To whom it may concern.'"

Micky Rooney

"Never pick your nose when you're working with Super Glue."

Emo Phillips

I Can't Believe They Said That, or.... Doooh!!!

I know we shouldn't laugh at the turn of phrase of people who have English as a second language so even though they don't intend to be funny let's laugh with them.

Sign found in a Bangkok temple:

"It is Forbidden to enter a woman, even a foreigner, if dressed as a man".

In a hotel in Yugoslavia:

"The flattening of underwear with pleasure is the job of the chambermaid."

Let's have one more shall we, this time from a restaurant in Nairobi:

"Customers who find our waitresses rude ought to see the manager."

... and finally

If you're organising a dinner, conference, road show, away day or any event and you're looking for an [after dinner](#) or [motivational business speaker](#) who is insightful and energising with sack loads of humour, then I can help.

I'm very effective at sales and staff conferences and in particular the after lunch slot when an audience needs energising and your corporate message re-enforcing.

I'm not saying I would be a perfect fit for your event; that, of course, would be for you to decide. What I am saying is that if you do have an event coming up, then when would now be a good time to give me a call on +44 (0) 1274 685 152 or email me at john@hotowka.co.uk and find out how I can help?

Until next time, stun the world... be astonishing.

John Hotowka

T: +44 (0) 1274 685 152

E: john@hotowka.co.uk

W: www.hotowka.co.uk