



Vol 2
Issue 10
February 2010

ENGAGE, CHANGE & RAISING MORALE

(How To Focus When You NEED
To)

[To follow me on
Twitter click here](#)

www.hotowka.co.uk

John Hotowka

The Laughter

Dinner Speaker ®

After Dinner,
Business & Keynote
Speaker

Conference Host

Inspirational Speaker
for Young People

Magician

UK Tel 01274 685152

UK Mob 07940
258184

Int Tel +44 1274
685152

Int Mob +44 7940
258184

john@hotowka.co.uk

www.hotowka.co.uk

Dear John

I'm concerned; what if... what if the hokey cokey really is what it's all about?

Tell me... if someone with a multiple personality disorder threatens to kill themselves... is it considered a hostage situation?

And another thing... how come Superman can stop bullets with his chest and yet always ducks when someone throws a gun at him? Discuss.

Oh yeah... and if love really is blind then why is lingerie so popular, eh? Explain that one then. Well... go on then!

We're all ruled by our thoughts and beliefs and the 'thoughts' you've just read are me having a bit of fun, wit happens. Sometimes though I have thoughts that don't serve me at all. I wonder if you're the same?

I perform magic in my presentations and at a recent event the trick I was performing went wrong... in front of an audience of about 100 people. I couldn't bluff my way out of it, I didn't know what I'd done wrong, it just went wrong, and spectacularly wrong too. I've been performing magic for nearly 30 years and rarely do my tricks go wrong. But this time... I think you get the picture.

I came off stage all smiles and 'showbusiness' and yet was distraught. At one time I would have spent weeks beating myself up. This time, apart from the odd two second nightmare flashback, I was over it in a couple of hours.

[To view show reel click here and scroll to the bottom of the page](#)

You are receiving this newsletter because I've either worked with you, you've seen one of my presentations or met you networking. If you'd like to unsubscribe just follow the instructions at the bottom of this email.

If you ever find yourself in a similar situation you might consider going through the following procedure to help you let go.

Ask yourself:

Did I do everything I could have done? Did I do my best?

I did, I had planned, thought through, practiced and rehearsed? If I hadn't, that would be the learning for next time.

What actually went wrong?

I later spent an hour going through the trick and MAKING it go wrong so I could, a) think through what I'll do next time if it happens again, b) put in any safeguards to prevent it happening again. Which answered the next question...

What will I do different next time?

Think through what you'll do differently next time.

What can I learn from this?

Errors are a gift as there's always an opportunity to learn? Many successful people will tell you that they learnt more from their mistakes than their successes.

How many successes have I had compared to non-successes?

There are usually many, many, many more successes. This question helped me to put my talents and situation into perspective. Also, in this case, because I was more than competent in my presentation I was forgiven by the audience, after all we all make mistakes. In the grand scheme of the Universe, it was just a glitch.

The above are fairly standard questions, the next two are the ones that help me the most.

How is this thought serving me?

I've realised we all have thoughts that don't serve us? It could be a fear of something, hatred or worry for instance. The key here is being aware of such thoughts.

What can I focus on that is positive instead?

I can only focus on one thing at a time and I may as well make it something that DOES serve me.

I keep repeating the process for as long as it takes to eliminate or at least significantly diminish the embarrassment/frustration/anger.

You see I have a terminal disease; its called... 'being human'. For all my professionalism, attention to detail and caring, from time to time things just... don't work out.

Next time something doesn't go the way you want it to, how are you going to bounce back?

By the way, I made an even bigger mistake last week, I spilt spot remover on my dog and now he's gone:) Boom!! Boom!!

And now... (fanfare, fanfare) some fun. Yup, it's time for a sneaky stunt to chase those winter blues away and to have fun with your family, friends and colleagues.

The Sneaky Stunt - How to turn a solid wooden pencil into rubber

This wonder worker, (that's you, I've given you a promotion), uses all the power bestowed upon you from all that is great in the Cosmos to transform a stiff, solid, wooden pencil into a silly, soft, rubber rod and all without the aid of CGI visual effects.

This is one of those wonderful 3D optical illusions. Hold the pencil near one end, between the thumb and forefinger. As per the photograph on the right and note how near one end the pencil is being held, this is important.



Make a series of short, rapid, up and down shakes, at the same time slightly loosen your grip on the pencil so that it wobbles between the tips of your finger and thumb.

Don't alter the speed of the shaking movement, you'll slowly see the visual effect of the pencil apparently bending. Be consistent with the up and down movements, no greater than 5 to 8 cms in distance is perfect.

To see it yourself you'll see the best effect in front of a mirror.

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

Toilet paper was first produced in China in 1391 for the exclusive use of the emperor, in sheets that measured a massive 60 cms by 90cms EACH.

I bet his bum looked big in... EVERYTHING.

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

"Chamber Music: Adagio for clarinet and springs."

Daily Telegraph

I wonder if it was played by the London Divan Harmonic Orchestra?

"The birth rate has shown a decline over time and a main cause is the difficulty of making ends meet."

The Observer

Well that explains that then... NOT!!

John Recommends... Or... A Little Something For The Weekend

I haven't laughed out loud and for so long for a long time. For a book about creative thinking may I suggest:

'UG - Boy Genius of the Stone Age and His Search for Soft Trousers'

By Raymond Briggs

It's a very short read but well worth it for the chuckles. Also...

'Self-Confidence'

By Paul McGee

You'll find them both on Amazon.

...and finally

If you're organising an event and would like to create an experience for your staff and/or clients that is impactful, informative, motivational and has a business or inspirational message with magic and laughter then I can help. [Organisations who have already employed my services](#) as an [after dinner speaker](#) or [business and keynote speaker](#), John, agree that the results I deliver far exceed their expectations. You don't have to take my word for it, just [click here](#) and read what they said.

Now, I'm not saying I would be a perfect fit for your event; that would be for you to decide. If you do have an event coming up, then now would be a good time to **give me a call on 01274 685152** or **email me at john@hotowka.co.uk** and find out how I can help.

Also, if you know of any one who is organising an event I'd appreciate you forwarding my contact details on to them. Thank you.

Until next time have a great month.

John Hotowka

UK tel: 01274 685152

International tel: +44 1274 685152

john@hotowka.co.uk

www.hotowka.co.uk