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ENGAGE, CHANGE & RAISING MORALE (Dealing With Grumpiness) 2nd Anniversary Issue

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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

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Dear John

For the first time in a long while I watched some late night TV and found it very educational. It taught me that I should have gone to bed earlier.

Mind you, I love that show with all the video clips of things going disastrously wrong all the time. What's it called? Oh yes... the news.

Then I realised we're now coming up to a General Election where criminals and the mentally insane are not allowed to vote, but we're allowed to vote for them. So what's all that about?

To cap it all this morning I opened the kitchen door and the handle came off in my hand, I picked up my bag and the strap broke... I've been afraid to go to the toilet all day.

John, I know what you're thinking, "Hey John, usually your newsletters are upbeat and positive; what's with the 'grumpy old speaker' behaviour?"

Well... I've had one of those months! Don't panic, everything's fine, I just got a little overwhelmed as I had a lot of preparation to do, in particular writing a couple of inspirational [after dinner](#) presentations and some [motivational keynotes](#).

That was fine, it was the fact that over a year ago I was invited to attend a magic convention, not as a delegate, but to give a lecture, run a master class and MC an International gala show. I was delighted to be given the opportunity to put something back into something that has given me so much pleasure and helped me earn a major part of my income for so many years. The closer it got, the more I realised how much work and effort I had to put into it. I even ended up writing two lecture books.

Everything came all at once and this convention was taking me away from my core business, what I really loved doing, some personal goals I had chosen to do as well as my leisure and precious 'me' time.

Why, oh why, did I agree to do it in the first place? I could have easily cut corners and put very little effort into it. But that's not the way I work.

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

Whenever I need to speed up, I find the best thing to do is slow down. In other words I forced myself to spend some time on my own. I'd go for a short walk or sit quietly for 20 minutes, just two or three times a day.

Don't ask me why or how, but a quote popped into my head from Mother Teresa (she's on my office wall; well... not Mother Teresa herself, but her words). She said, "I know God will not give me anything I can't handle. I just wish He wouldn't trust me so much."

I love that quote. I realised that all I needed to do was to focus on what I could do and what I was good at, and not on what I couldn't do.

How many times do we get distracted and focus on the negative instead of the positive?

What happened? Glad you asked. All went well and smoothly, the after dinners, keynotes and as for the lecture [here's](#) the review.

Sometimes, no matter how busy we get, slowing down helps to clear our heads, re-focus and speed up.

The Sneaky Stunt - How to make money appear from thin air

OK, OK John don't get excited, calm down, I SAID CALM DOWN!!!

We're not REALLY going to make money appear from thin air, it's a 3D optical illusion. All the films seem to be in 3D today so I thought 'let's do a 3D optical illusion'.



I'm delighted to say it's very simple to do too. Maybe I've made this one too easy.

Hold two coins together between your index finger and thumb as in the photograph. Quickly rub the coins together by sliding them back and forth and you will see a third coin appear.

That's it.

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

The bark of the willow tree is rich in salicin. In 1898 a modified derivative acetylsalicylic acid was developed by a chemist, Felix Hoffman, at the German Company Bayer. It's commonly known as aspirin.

So just swallow two trees four times a day for three days and if there's no change call your GP.

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

"I must apologise to the deaf for the loss of subtitles."

Angela Ripon, BBC News

Ah yes, reminds me of the Scarborough nude male voice choir, who brought music to the masses and pleasure to the deaf.

"Sid Scott made his debut at a reggae concert and stopped a riot when soufflés broke out in the huge crowd."

The Daily Star

If only I had a penny every time that happened. Those flippin' soufflés spoiling everything. But let's go back to broadcasting:

"And for those of you watching who haven't television sets, live commentary is on Radio 2."

David Coleman

OK Dave, explain how... oh forget it!!

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

Here's a newsletter I always enjoy and you might too, if you're interested in business strategy. Ian Berry's 'Harmony Matters' monthly newsletters are always full of insight. [Sign up here](#).

...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 sack loads of humour, 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 anyone 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