



Vol 3
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MINDSET TO WIN (What Are You Going To Choose?)

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John Hotowka

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**10 Sep - Edinburgh
21 Sep - Leeds**

Dear John

Just returned from a short trip and what did I learn on my travels?

A journey of a 1,000 miles begins with a single delay of 2 hours before take off.

The bigger they are, the worse they smell.

Drive carefully... it's not only cars that can be recalled by their maker.

Talk is cheap because supply exceeds demand.

No one is listening until you break wind.

Never tell a man with a chainsaw he has bad breath. (Don't ask me how I know John, just learn from my experience).

Always be aware of the 50 - 50 - 90 rule. Any time you have a 50 - 50 chance of getting something right, there's a 90% probability you'll get it wrong.

We're always in a place of choice whether we realise it or not.

It's true, we always have a choice how we react to a situation even when we think there is no choice. Before my hols I was invited by those nice people at [Meet-In](#) to an Event Industry Forum to entertain the delegates after dinner at the wonderful 5 star luxury [Europe Hotel & Resort](#) in Killarney, Ireland.

On one of the afternoons a team building activity was arranged. The plan was a leisurely 4 mile boat trip across the lake, a ride in open carriages pulled by horses and for the final leg of the trip back to the hotel a luxury coach ride. The weather forecast bright and sunny. What could possibly go wrong?

Actually, the event was meticulously planned and executed except after 20 minutes on the boat... it rained and rained and rained and rained and rained and rained. Oh and by the way, did I mention? It rained?

The boat trip became a ridiculous experience as we would have been drier if we'd swam in the lake. Even when in the carriages we had to

23 Sep - York

24 Sep - Birmingham

12 Nov - York

18 Nov - Leeds

19 Nov - Birmingham

2 Dec - Leatherhead

[Inspirational Speaker
for Young People](#)

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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periodically bail the water out, we would have been drier sailing in the boat. As we approached the luxury coaches for shelter the rain... stopped. It flippin' stopped, I tell you John, it stopped. We were all so sopping wet the driver wished we were all back in the carriages again.

After all of that, you would have thought the whole episode would have been a miserable episode of what was otherwise a great event... alas no.

True, we could have done without being soaked to the bone but we were well looked after by the [Meet-In](#) team and they couldn't do anything about the weather as it caught us by surprise. More to the point, when it came to our attitude, we had a choice. Were we going to be miserable or were we going to have fun. We became so wet we began to laugh and started joking about our predicament. I'm sure we bonded more as a team than if the weather had been splendid.

Let's face it, we were in no real danger just very uncomfortable. Obviously there are some situations we would find very challenging to 'enjoy'. But how many times do we complain for no real reason such as the weather being poor, or a train being late or that our in-laws are coming to stay at the weekend (I might let you off that last one). If we're not being physically threatened why be miserable, when it takes just as much effort being happy?

John, next time you're feeling a little down, ask yourself, what's the worst that could happen?

As my friend [Paul McGee](#) the 'SUMO Guy' says, Shut Up and Move On.

The Sneaky Stunt - How to take a drink from a sealed bottle

Here's a little stunt you can try at your next party or wine tasting.

The last bottle of wine is about to be opened and before the cork is popped you challenge everyone that you can drink from the unopened bottle of wine.

Let them examine the bottle to make sure it's intact and ponder your preposition.

Once everyone is happy the feat is impossible, then all you have to do is... turn the corked bottle upside-down and pour a little bit of what you've been drinking (ideally wine) into the divot in the bottom of the bottle.

Drink up and take your bow.

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

It's illegal to die in the Houses of Parliament.

The reason? The buildings count as a royal palace and anyone who dies there is entitled to a state funeral.

So John, if you're ever visiting and feeling a little off colour you may be escorted off the premises rather sharpish.

of this email.

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

"I remember so clearly us going into hospital so Victoria could have Brooklyn. I was eating a Lion bar at the time."

David Beckham

We always remember those life changing moments don't we David? Mine was while eating a Curly Wurly (obviously a boy thing).

"We understand the importance of bondage between a mother and child."

Dan Quayle

Did I miss something during my childhood?

John Recommends - Something you may find of interest

Do you provides products and services in the MICE industry?

If so and you'd like to promote your offering or you're an event organiser looking for venues and suppliers you might be interested in going to a forum organised by [Meet In UK](#), I can highly recommend attending one of their events. Either apply online at www.meet-in.co.uk or call Director Helen Tremlett on 07870 670464 for more information.

Glasstap Trainers' Conference 2010

On 7th and 8th October I've been invited to train some trainers at the Glasstap Trainers' Conference to do some magic to help them communicate their messages when training. There are 5 other workshops and Simon Weston will be delivering the main keynote address.

If you're interested in attending, I have three half price tickets, but they'll only be available to the first three people who apply. I might be able to convince them to let me have a couple more but no promises.

For more information [click here](#) and if you'd like to attend email me at john@hotowka.co.uk and I'll put you in touch with the right person.

...and finally

If you're organising an event and need someone to give a presentation that is 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 would now 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

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John Hotowka