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John Hotowka

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Insightful
Motivational
Energising

Dear John

My friend, Quentin Reynolds, sent me these photos with the caption, 'I will never complain about my job ever again'. I thought I'd think up a few captions of my own. Enjoy.

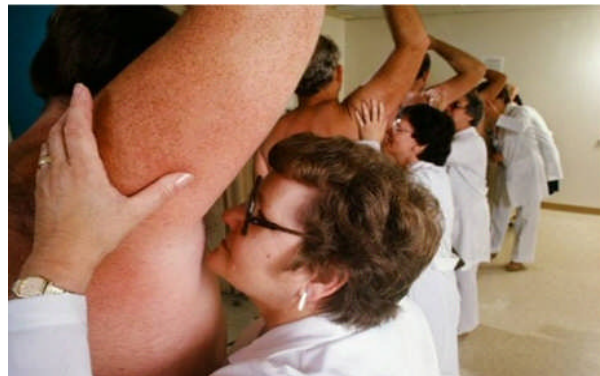


'The screw up fairy has visited us again.'

Or

'Hello, you're through to the Samaritans. What!!! You think you have problems, don't

get me started...'



'Is that new perfume I smell?' 'It is and you do.'

Or

'Are you sure this is the correct way to play the

arm trumpet?'

Themes:
Change
Team Building
Success Mindset
Entrepreneurship

Ideal for that part of your event when you need your message reinforcing and to energise your audience

Tel +44 (0) 1274
685152

Mob +44 (0) 7940
258184

john@hotowka.co.uk

www.hotowka.co.uk

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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



'There must be an easier way of finding out whether this is an African or Indian elephant.'

Or

'These Chilean miners get everywhere.'



'Ahhhh, at last... some peace and quiet.'

Or how about you have a go John and email me your caption for this one.

So why the photo captions?

After delivering a [keynote](#) about 'Success Mindset' to a group of sales people the sales director asked me how I keep myself motivated and my spirits up.

Good question.

I don't know about you John, but I work on my own. Amazingly a lot of people I know also work on their own. The sales person on the road, people in offices working in silos, and even executives isolate themselves from their colleagues.

So how do we keep motivated and our spirits up? I have to admit, there are times I find it challenging myself. I'm sure you have your own coping mechanism; if not the following might help.

One way is to surround yourself with a support group. People you can trust and confide in; I mentioned in the last newsletter about my mastermind group, but what about when you're really on your own and the pressure is on.

This last month I was busy with my usual [after dinner](#) and [keynote speaking](#), as well as [inspirational speaking in a couple of schools](#) and it seemed I hardly had time to myself.

I find the key is to MAKE TIME for yourself. All you need is at least 3 minutes, longer if you have the time. Either I exercise my chuckle muscles and find amusing captions for photos sent to me by my

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friends. Sometimes something light and pointless that makes you smile is just what is needed. Or better still, as I learnt from a Jim Fannin CD, I 'reboot' my brain.

'Reboot' your brain? That's right John, I 'reboot' my brain. Sometimes what happens with a computer is that there is so much activity it just freezes; when that happens you reboot it, you stop it and start again. This is how Jim teaches you to reboot your brain.

Find a quiet spot, sit in a chair, back straight, feet flat on the ground and hands palm down on your thighs. This position is not critical, the main thing is you become still.

Eyes closed and make your mind go blank and concentrate on your breathing. If a thought zips into your head just let it go and zip out again. Breathe in slowly as far as you can, hold your breath for a few seconds and slowly expel all the air, as much as you possibly can and comfortably can. Repeat this about 10 to 15 times.'

Open your eyes and you're ready to start again.

I do my best to do this exercise before I start work, mid morning, before I start work again after lunch, mid afternoon. Also just before I go into a meeting and whenever I'm feeling a little overwhelmed.

Try it for a week and let me know what happens.

The Sneaky Stunt - never seen before, never to be seen again

Here's a cracking conundrum for your family, friends and colleagues.

State you will show them something no one has ever seen before and, once they've seen it, no one will ever see again.

For the solution [click here](#)... or you could choose to wait a little longer and get those little grey cells working.

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

Between 1852 and 1857 the US Patent Office granted patents for 146 different kinds of clothes pegs.

I wonder if they used their lassos as clothes lines.

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

"I owe a lot to my parents, especially my mother and father."

Greg Norman

Oh yes Greg, don't forget your mum and dad as well as your parents, and my favourite is...

"I thought oral contraception was when you talked your way out of it."

Pauline Lacey

You know, I really do prefer Pauline's definition to the actual definition; I love ya Pauline.

John Recommends - Something you may find of interest

An Event

My friend Kwai Yu of Leaders Café is hosting a Networking Master Class to help people improve the quality of their network connections.

To give you an idea of how your network connections measure up against the 10 characteristics of a great primary connector [click here](#) for a slide share presentation.

Most people's networks have very few, if any, great primary connections. Networking is not the problem. The problem is how to nurture and grow your network so that you reach hidden great connections and for them to become your primary connections.

Learn how to reach your great primary connections and mushroom your world of connections in weeks and not months.

The event is being held on Tuesday, 7th December in Manchester (UK), 9.00 am to 5.00 pm (GMT).

If you're interested I've arranged a 25% discount; when you book enter the discount code 'magic'.

To book and for a little more information [click here](#).

A Book

In my presentations one of my key messages is focus. Often we can find ourselves distracted from our goals.

I've been reading a very interesting book. Interesting for several reasons. The book was first published in 1917 and apparently was the first place anywhere to use the phrase 'The Law of Attraction'.

Whether you're interested in 'The Law of Attraction' or not, the exercises to help you concentrate and focus on your goals are excellent.

The book is called [The Master Key](#) by Charles Hannel.

...and finally

If you're organising an event and, in particular, a kick off meeting and need a [motivational speaker](#) who is insightful and energising with sack loads of humour, then I can help.

If you're organising an event and you need some morale raising, hilariously [funny entertainment](#), then I can also 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, 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 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

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John Hotowka