



Empowered to Lift & Inspire



## Newsletter

### Springtime Greeting!



*"Life isn't about finding yourself. It's about creating yourself."*  
**George Bernard Shaw**

Although the Spring season seems like its reluctant to get here, we must not forget that change is inevitable. The **Sun** will shine longer, the **Flowers** will bloom, and the **Beauty of the Season** will reveal itself. Like nature, human beings will also change. However, change in human form is often met with challenge and disdain.

Steve Rizzo speaks on this in his book **"Get Your Shift Together."** Where he purposely replaced the word "change" to "shift" to minimize the fears associated with adjusting to something new; or in some cases, thrust upon us without warning. In

response, we often become blindsided and overwhelmed. Likewise, being a product of limiting beliefs may contribute to feelings of doubt that stagnate action. As a result, you fail to meet change with full force and vitality.

Sharing in Steven's philosophy, I want to empower everyone to greet change with a positive attitude and create a strategy by using the old school pen and paper method "Write it down." For example, as the season approaches you are suddenly craving personal alone-time or maybe "family time" with loved ones, or maybe you just received a new responsibility at your job, or better yet, you want a promotion. News flash we are always craving change, we choose to take heed or leave it to the wayside.

I offer you this encouraging message this season. "Don't wait for an opportunity to arise. It's up to you to create it" I hate to sound like an old cliché, but here it goes. If you don't create it, someone will create it for you, and you may not like what they've got planned. Take the time to focus on you this season and become inspired to do something new.

All the best!  
Dr. Tywana Williams

Visit our Website

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## Upcoming Events

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### CONNECT-WORKING

Connect-working is an innovative networking concept.

The concept incorporates small group settings and a key topic for discussion to stimulate conversations, provoke thought, and forge positive alliances.

In summary, E2LI creates a platform to engage and empower participants to build professional relationships for future business leads.

#### TOPIC

**HOW TO STAY POSITIVE IN A NEGATIVE ENVIRONMENT**

**WHEN/TIME**  
**March 20th, 2018**  
**6pm – 8pm**

**WHERE**  
**Panera Bread**  
**1025 West Montauk Hwy**  
**West Babylon, NY 11704**



#### ADMISSION

Free

**Registration is mandatory**  
**Space is limited**  
(10-15 participants Max)

**REGISTRATION**  
[www.e2li.com/event](http://www.e2li.com/event)

#### CONTACT

Contact:  
**Ty Williams**  
Tel: (631) 357-6054  
Email:  
[tywilliams@e2li.com](mailto:tywilliams@e2li.com)

**LET'S  
BLOSSOM**  
AN EVENING OF  
APPRECIATION FOR LIFE

RSVP @[www.e2li.com/events](http://www.e2li.com/events) Before May 1, 2018

**E2LI** & **PHIL LOFT  
PRODUCTIONS**

|                            |                               |                                      |
|----------------------------|-------------------------------|--------------------------------------|
| <b>RSVP</b><br><b>\$25</b> | <b>LIVE<br/>ENTERTAINMENT</b> | <b>DOOR<br/>PRICE</b><br><b>\$30</b> |
|----------------------------|-------------------------------|--------------------------------------|

**SPECIAL RECOGNITION:**  
AMERICAN FOUNDATION FOR SUICIDE PREVENTION

**MAY 3, 2018** **THE NUTTY IRISHMAN**  
6:30PM - 10PM 323 MAIN ST  
FARMINGDALE, NY

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## You Are Greater Than You Appear A Positive Written Word

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### The Magic of Life *By Tonda Williams*

Desiring the magic of the writer who  
Story can be understood by all  
Desiring the magic of the writer who  
Answer life's literary call

This reservoir of universal magic that  
Keeps the reader reading  
This reservoir of universal magic that  
Keeps our mind needing

The magic that turns a tear into a smile  
The magic that turns a seed into a child  
The magic that turns war into peace  
Is the very same magic that can slim the obese

You are that magic and so am I  
Let us unveil the truth and cheat the lie  
From now on I will practice, and hope you will too  
Just practice this magic; let's see what it'll do.

*As published by The National Library of Poetry-  
Windows of the World Volume II- Page 311- 1991*



# Get Your Shift Together: How to



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Goodreads ★★★★★

Amazon ★★★★★

STAY CONNECTED

