



LUXURY OF FREEDOM

BIG BERRY MASTERMIND

NATALIE C. POSTRUZNIK

"THE POWER OF ENERGY"

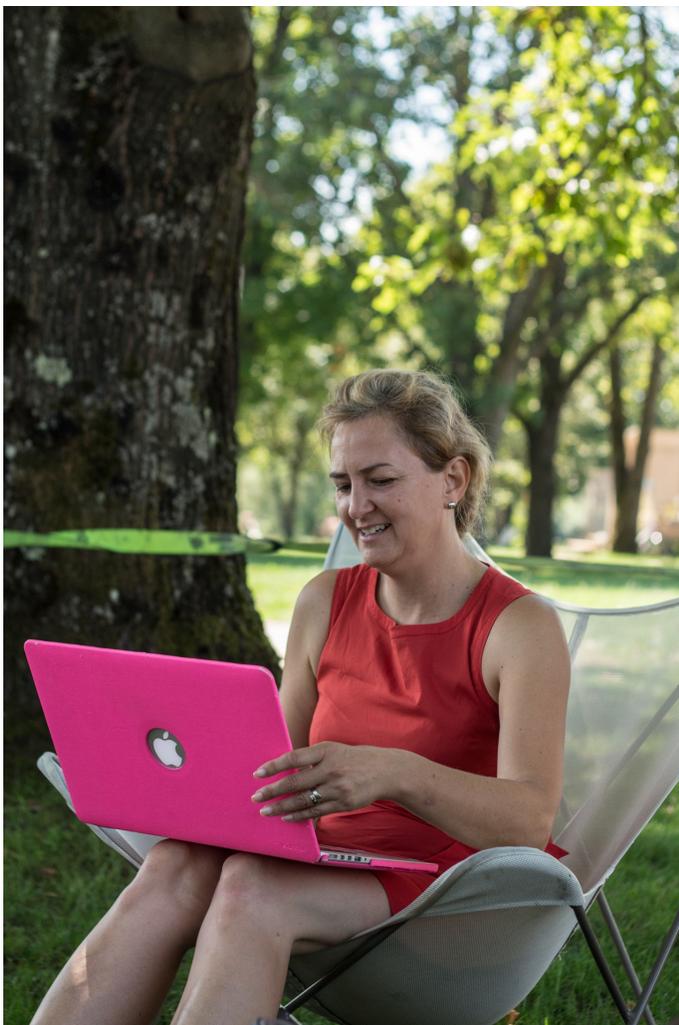
By Alisa Kivirian
BIG BERRY Slovenia.

Welcome our new Mastermind! During the weekend on 29-30 of July Natalie C. Postruznik shared the secrets of communication at BIG BERRY. Starting with dreams of becoming a computer programmer, going into

journalism and ending up in the field of personal coaching, Natalie became an excellent expert in different fields. The main topic was the impact of your personal energy on your working and communication skills.

The Impact of Your Energy on Communication Skills

Do you believe in the power of energy? What, how, when do you do to raise your energy level and to make yourself and people around you to feel better? Clapping or saying something lovely (these two are really nice ways)? Did you know that energy is being spread in 8 metres on average? Having good or bad energy affects people around you, that is why it is so important to take care of yourself on a spiritual level.



Did you know that people get 80000 pieces of information every day? You have to clean your mental world and delete all useless thoughts. You need to take at least 20-30 minutes per day for yourself. Spend it alone, be in harmony with your own inside world. Express yourself through drawing, reading a book, knitting or just contemplating your life. Start your day right: first a glass of warm water, then physical exercises for at least couple of minutes. Continue your day right: take some time for yourself. It will get easier for you to exist!

”

If you don't feel well, then you need to do something about it.

”

”

If you see someone doesn't feel well, ask.

”

By doing different exercises, visitors of the workshop understood how people are afraid of changes in practice. After asking to change something in yourself in a minute, people started to remove things and after finishing that they put everything on its places. Changes are temporary. When you know you have a chance to put everything back, you do it because you got used to it and you feel safe. The most important part in life is being able to rely on your feelings. You always need to listen to your soul and keep in line three things – what you do, what you want and what you live. It's not about your brain, it's all about your inner world. Emotions and feelings are the things you must follow. If you want to do something, do it! Otherwise you won't be happy and satisfied with your life.



Did you know that 1/20 of the second is your intuition? The first thought that comes to your mind. This is exactly what you need listen to. Emotional and rational parts are coming only after your intuitive thinking.

”

Nothing will change unless you want it.

”



At the workshop audience also had a 15 minutes' scavenger hunt, which was a lot of fun for everybody. Looking for football is not an easy thing to do! During this game people had an opportunity to explore the energy when being under pressure. Luckily, both teams were pretty good in completing tasks and didn't have problems with managing team members or dividing responsibilities. People also had a great opportunity to discover their type of personality. The watcher, gun, or thinker? Who are you? Find the answer in 'The company culture cookbook' by Kevin Thomson!

All in all, everybody had a great weekend together with Natalie. Being a wonderful speaker with charisma, it was a great pleasure to listen to her and to get her advises and tips for self-development. A beautiful person with good energy and an astonishing guest at BIG BERRY. Thank you and keep up with new Mastermind sessions ;)

”

So... Follow your soul. What can I say?

”

