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OCTOBER 2019

BRIEF



An Exclusive Publication from [FIRM NAME]

PERSONAL INJURY
Word Search for October

F U T Y I E H Z U H D N Y A Q W T R E A T W Q
A P R E T A E W S E S N L E J D K M A U S G Q
N U T C O M M U N I C A T I O N U D K C I R T
M X R W B A P P L E S S E C N E I T A P D J I
N E E M P A T H Y G U A F O L V F T A N U T O
T V F K U L E M A R A C P R E S E N T Y O G E
V O H E L U F T C A P M I U R C B U N W R U V
Y L A Q O O C L U F R E W O P Q O D Q D P N E
P S L A C U E N N T K G I T B Q U L L O Z U I
C V L N Z Z R W L H U Z A U G D L K U R M M L
P Y O U P X U H V A Y S N C C H L I J M S T E
I N W F E S A R I N F N L N O K O F N V B K B
I B E M U T S O C K T S S E C C U S R Z R U I
Q Z E W Q S Y N K E H O V R V Z B F T P A T S
V B N X E W I P P U M P K I N M Q F R S H V Q
Z M A Z E R L A U T U M N V X N V Y Q R J Y Q

Find the following words in the puzzle.
Words are hidden and .

APPLES
AUTUMN
BELIEVE
CARAMEL
COLUMBUS
COMMUNICATION
COSTUME
EMPATHY

GHOSTS
HALLOWEEN
IMPACTFUL
LOVE
MAZE
PATIENCE
POWERFUL
PRESENT

PROUD
PUMPKIN
SUCCESS
SWEATER
THANK
TREAT
TRICK



WORD SEARCH
CONTEST:

Complete the word search on the back of this newsletter & mail it in to our office to be entered into our contest for a \$25 gift card!

See back page for word search puzzle.

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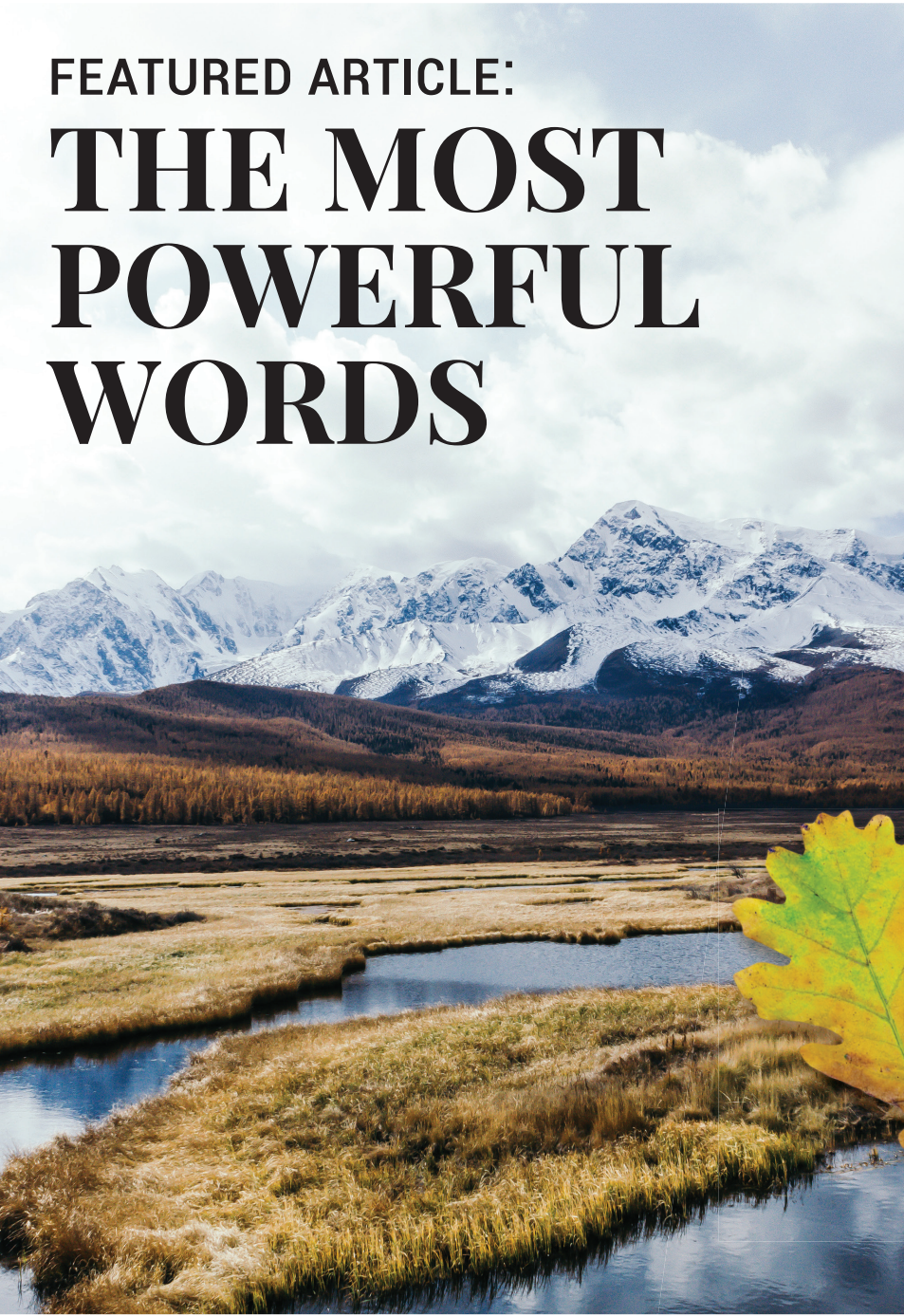
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THE MOST
POWERFUL
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ABOUT US



-ATTORNEY NAME HERE-

--A description goes here... Lorem Ipsum. Proin gravida nibh Proin condimentum fermentum nunc. Etiam pharetra, erat sed fermentum feugiat, velit mauris egestas quam. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeo--

Respectfully,
[Full Name]

THE MOST POWERFUL WORDS

by Jeff Nischwitz

During a recent personal retreat, I heard a speaker share several examples of powerful and empowering words – what he called the most powerful words – and over the past month I've added on to this list. Most important, I've started to realize that using these words with our team members (and communicating the messages that go with them) is the most effective and impactful way to engage, empower and motivate your team.

At the retreat, the speaker shared what he called the three most powerful words, the four most powerful words and the five most powerful words. I've now added the two most powerful words and the one most powerful word. As I share them below, consider the ways that you can begin to use them and share them, both personally and professionally.

- Five most powerful words – *I am proud of you*
- Four most powerful words – *I believe in you*
- Three most powerful words – *I love you*
- Two most powerful words – *Thank you*
- One most powerful word – *Present*

Not only are these words powerful, but they're short and simple ... and yet they're often noticeably absent from our communication (at home and at work).

Imagine a workplace where you and your team members commit to each other to be *present*. Rather than telling someone that you're listening, you tell them that you're *present*. In what ways will that change your leadership, your team and your organization?

Imagine a working environment where you and your team members regularly express gratitude to each other for each person's efforts and presence on the team. Rather than ignoring people's contributions, you consistently tell them *thank you*. In

what ways will that impact your leaders, your team and your engagement?

Imagine an organization where every person regularly hears the message (if not the exact words) *I love you*. This is what comes through when you let people know that they matter, that they're important and that you care about them, their lives and their career. In what ways will this message foster trust, commitment and strong relationships within your team and organization?

Imagine a team where every member regularly hears the empowering statement *I believe in you*. Several years ago, I challenged people to engage in a blessing challenge – to tell at least one person every day that they believe in them. I did this because I know the power of blessing another person and letting them know that you believe in them. We know this power, yet we fail to offer this blessing to others, including our team members. In what ways will regularly telling your team members *I believe in you* impact the team, communications, commitment, engagement and outcomes?

Finally, imagine what your team environment will be like when every team member is regularly affirmed by hearing the message *I am proud of you*. Let them know that you're proud of them, their efforts, their growth and their contributions. In what ways will this affirming message shift how your team members see themselves, each other, the team and the organization, as well as shifting their commitment, engagement and motivation?

Fifteen words, five messages and one outcome – providing your team members (and anyone else in your life) with the opportunity to feel seen, to be blessed and to experience what it means to be truly valued. These most powerful words, when genuinely shared, will create teams, relationships and people who are empowered, engaged, committed and motivated. Not bad for just a few *most powerful words*.

TRICK OR TREAT! PLAN FOR A SAFE HALLOWEEN

Halloween is a holiday that children and their parents enjoy together. But keeping your costumed trick-or- treaters safe while they go door to door is paramount. Follow these tips for ensuring that your kids will have a Halloween they remember for all the right reasons:

- Choose costumes in light or bright colors. Whether you buy a costume or make one, be sure it will be visible after dark. Put some reflective tape on goodie bags to help them show up on the street.
- Eat before going out. Serve dinner or a good healthy snack before your kids hit the neighborhood. They'll be less likely to gorge on the candy they collect if they're already full.
- Be careful with props. Make sure masks don't limit children's



vision or obstruct their breathing. If they're carrying canes, toy swords, or any other sort of accessory, check that they're not too difficult to carry while walking or crossing the street.

- Plan your route. Determine a clear and safe path through your neighborhood ahead of time. You should accompany small children, of course, and discuss safety with older kids going out as a group. Always carry a flashlight and cell phone.
- Inspect candy before eating. Check through treat bags when children return home, and separate out any candy that looks suspicious. Don't let kids consume too much at one time—ration it out so they don't make themselves sick.

MAKE GOOD COMMUNICATION THE BASIS OF YOUR FAMILY LIFE

Communication is the foundation of a healthy family. Without it, mothers, fathers, siblings, and children don't know what to expect or how to get what they need. But a family whose members can talk freely and share their feelings will endure all sorts of hardships without cracking. Keep these guidelines in mind for communicating with honesty and love:

- Listen to each other. Practice active and respectful listening with everyone in your family, from infants to grandparents. Don't jump to conclusions or interrupt when they're speaking. Make sure you understand what they're saying before you respond.
- Think before speaking. Whether you're arguing or discussing dinner, try not to blurt out the first words that come to mind. Think about how the other person might react, and choose your words with care to prevent a needless confrontation.
- Make time to talk. Some conversations shouldn't be rushed. When you need to talk out a major issue, schedule enough time for everyone to be heard. You don't need a crisis to make time for each other, though. Make an effort to give everyone the attention they deserve for as long as they need it.
- Work on your patience. When you're tired or stressed out, you may have trouble maintaining your self-control. But losing your temper or pushing a family member too hard can make communication impossible. If necessary, call a timeout or take some deep breaths to remain calm when you feel your patience slipping.

• Show some empathy. Don't just say, "I know how you feel." Make a positive effort to understand how your family members feel, no matter how young or old they are. Small children and the elderly can both feel helpless at times; adults may feel the pressure of competing demands. If you can see things from their point of view, you'll do a better job of solving problems and enjoying real intimacy.



Here's a SPOOKTACULAR FALL Dessert Idea!

In this season of super sweet treats, enjoy a dessert with a healthy spin. While you're at it, have some fun decorating them for Halloween!

This recipe is brought to you by [AllRecipes.com](#)

CARAMEL APPLES

Time 25 m • 6 Servings



"The caramel coating is very gooey, so refrigerate the apples for about 15 minutes, or until the caramel has firmed up. (You will need 6 wooden craft sticks for this recipe.)"

INGREDIENTS

- 6 apples
- 1 (14 ounce) package individually wrapped caramels, unwrapped
- 2 tablespoons milk

DIRECTIONS

- Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.
- Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow to cool briefly.
- Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set.

Why not spice things up a bit? Try coating your caramel apples in chocolate chips, marshmallows, chopped nuts, candy pieces, or sprinkles!