



Personal Safety Nets® Newsletter

Learning is key to weaving your
Personal Safety Net

February 2009, Issue #14

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Featured Article



Phyllis shared the story below with us.

"In April of last year I had my annual physical. My cholesterol was over 200 and I was at the highest weight I had been in my life.

"I went on a trip to the Oregon coast with a good friend of mine. One night we talked about our goals. I said I wanted to get in better shape, especially after talking to my doctor. The one thing was that it was difficult to find the motivation.

"She sat across the table from me and asked, '**What can I do to help?**' We made a plan: I started a food journal that I sent to her by email every day (for 60 days). She gave me some tips on eating better, portion control and eating a small meal or snack every 3-4 hours. I made little changes every week. I began exercising consistently 5 days a week and

Dear Linda,

We've taken your feedback and comments from the recent survey we sent to heart. You'll find the same great articles in a format that we hope is easier to read. This month our focus is on **Learning**, the second core value necessary to build and maintain a Personal Safety Net. Also new this year, we'll periodically include a **Soft Skill** column, written by Sue Mackey.

Soft Skills

In early 2008 I met Safety Nets authors Judy Pigott and John W. Gibson. We discovered common interests and decided to collaborate to help and support **you** as you develop a Personal Safety Net and team support for yourself or for someone else.

This column will cover the **soft skills, by which we mean the communication skills, social graces and chosen habits** you will need and use to successfully create and maintain your networks. Personal Safety Nets gives a complete guide on what to do and how to prepare. **My column will support you in taking action. There's a lot to learn.**

Phyllis used **honesty** with herself and her friend, which allowed her to accept help in **developing self discipline** and **prioritizing** skills which led to her success. Without honesty first, she would have failed to develop the necessary **soft skills** required for success.

A few of the **soft skills** that Phyllis used in the Feature Article are listed below:

- **Good problem solving and decision making**
- **Self-discipline**
- **Prioritization**
- **Organization**
- **Honesty and integrity**

These are often **more complex than we think** and I will share more about the **soft skills** in upcoming months.

Sue Mackey, of The Mackey Group, author of Living Well Working Smart: Soft Skills for Success, Women Navigating Adversity: The Courage They Didn't Know They Had, and Kids



30 days later I had lost 9 lbs. Six months later I was 35 lbs lighter and I felt really good.

"For the last year I have been walking around some 25+ pounds lighter, my cholesterol is down to 154, and I can tell you I feel much better!

"So I am sitting here across the table from you, asking...What can I do to help?"

"I will be right here with you on the journey....walking the walk. I wish you all good success!"

Phyllis has shown the strength of a Personal Safety Net by enlisting the help of others, then offering to extend help to them too.

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Our Writers

[More About John](#)

[More About Judy](#)

This edition starts off our new look and easier to read format. We look forward to your comments and will be asking for your stories in the upcoming months. Coming soon is a new and improved website.

**The Safety Net team,
Judy, John, Linda and Nate.**

Navigating Life, soft skills for kids.

[Read more at the Sue Mackey website.](#)

Steps to Creating a Strong Safety Net



1. Define what's going on - tell safe people & keep the information flowing
2. Ask for help - remember, we all need to give, so give others a chance to do so. Practice, practice, practice.
3. Be specific in your requests - it's easier for folks to help if they know what you need/want & can accept
4. Get organized - so all the "casseroles" don't come on Tuesdays
5. Don't take "no" personally - Really, it's more about the availability or limitations of others than about you!
6. Keep on giving to others - especially if you want to feel better, there's nothing like helping someone else.

Seattle Events - Open to the Public

Ready to make a difference in your life? Join us at one of our upcoming classes and learn how to weave your own Personal Safety Net, and why it's important. Classes are offered quarterly. Full details available on our website at [Events](#).

Bring Order to Your Life

Judy will lead an interactive and personal 3-week class held at the Senior Center in West Seattle. Open to all ages, from 18-88 invited. Feb. 3, 10, 17, 2009 6:00-8:00 PM, for registration and more details call 206-933-6577 ext. 1, \$50 includes both the book and companion workbook. This class is being offered again in the spring, in conjunction with South Seattle Community College. [Events](#)

15th Annual NW Parenting and Family Education Conference

Join Judy as she presents a workshop on why families should prepare for the unexpected. This event is ideal for parent educators and family life specialists who work with new parents, newly single parents, immigrants, adoptive and foster parents along with homeless and elder care issues. Held at Edmonds Community College, March 25-27, 2009. The exact location and time of her presentation is coming. [Events](#)

Sale extended through end of the month!

Holiday Trio - \$35 for Book, Workbook & Wallet cards
(and we'll pay for the shipping!)

Hard covers - \$20 tax incl + S & H
(regular price \$29.95 save 33%!)

Companion Workbook - \$10 tax incl + S & H
(new this fall, half price when ordered with book)

Wallet Cards A big gift for a little price! - \$5
(tax incl + S & H. Pack contains 4 cards - one for you and 3 to give out to members of your Personal Safety Net.)

Tuck these nifty cards into your wallet and those of your Personal Safety Nets® team members. Complete them with the names and contact information for the 3 people you rely on in your Personal Safety Net.

In an emergency, the people you've listed will be the first to be called -- even if your cell phone is missing.