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the Curiosity

Your monthly magazine from the Catapult Club

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Don't Miss Out!



The next Life Launcher takes place from 6th to 9th June 2008. For more details please visit our website:

the Catapult Club

Dear Reader,

Welcome to the launch issue of *the Curiosity*. To celebrate summer's anticipated arrival we have some great ideas to make you feel sunny and fabulous, whatever the weather is doing. And perfect for those long balmy evenings, we present the Catapult Club Cocktail of the Month.

You might already know that only 7% of all our communication is verbal (what we say). Body language is the language we all speak, all of the time. But did you know that your body language doesn't just influence how you communicate with others, it can also affect your mood? Find out more in the article below.

We recently welcomed a new member to our team of expert coaches and instructors: A voice coach with years of experience in theatre and the corporate world. She trains actors, broadcasters and businesspeople in effective speaking and presenting, and now she trains the women who join the Catapult Club.

During the recent Bank Holiday Life Launcher weekend she taught our guests to project their voices and create more interest when talking. After finding their voices our guests learned to defend themselves, banish stress and how to really relax. They also enjoyed great food, plenty of wine and cocktails and a lot of laughter. In our Life Launcher Review a guest from the most recent Life Launcher experience tells us what she thought.

And last but not least, we introduce our regular feature, Delicious Dozen: 12 Ways to Make This Month Magic!

We hope you enjoy reading *the Curiosity*.

Best wishes,

Emelie & Louise

Quick link to our website...
<http://www.thecatapultclub.com>

Feel Sunny and Fabulous (whatever the weather)

- Fake it! We're not talking about fake tan here. Smiling releases endorphins and serotonin (happy hormones), which make you feel better. Even faking a smile will have the same effect. So whatever you really feel like, smile and you will feel happier.
- Recreate that holiday mood at home by using scents. Try suntan lotion, coconut, jasmine or incense - whatever smell evokes holiday memories for you.
- Spend an evening looking through old holiday photos and sorting them into albums.
- Listen to holiday music - whether it's salsa, reggae or Europop, music has a powerful way of transporting you somewhere.
- Savour the taste of some of your favourite holiday food - Greek salad, BBQ shrimp, watermelon, paella.
- Quench your thirst with your favourite cooling holiday tippie - margarita, mojito, sangria to name but a few... or try the Catapult Club Cocktail of the Month.
- On a sunny day sit outside for five minutes and really concentrate on the sensation of heat on your skin. Close your eyes, and you could be anywhere in the world.

- Sunny or not, go outside. Twenty minutes of fresh air will refresh you.
- If you can't get outside but need a refresher, close your eyes and take five deep belly breaths, keeping your shoulders still. You will give yourself three times more oxygen by breathing from the base of your lungs.
- Lie flat on the lawn, in a park or on a bench and watch clouds for ten minutes. If there are no clouds, close your eyes and listen to the birds or even the traffic. Switching off for ten minutes a day helps lower stress levels in the long term.

Body Language Affects Mood

Someone standing with their arms folded across their chest might be considered defensive, nervous, unapproachable or negative. They might also just be cold.

Whatever the interpretation, there's no denying that body language is interpreted by all of us. Therefore, without becoming too self-conscious, it's worth being aware of what your body is doing, especially in situations where you're keen to make a particular impression.

Take for example, folding your arms over your chest or stomach. You might just be cold, or comfortable, but that's not necessarily the message you are conveying. Physically you are placing a barrier between yourself and the rest of the world. Psychologically you are defending yourself and closing yourself off from others.

Your brain is wired to send signals to your body telling it how to react to a situation. For example, your brain instructs you to fold your arms across your chest for protection or reassurance in response to feeling unconfident. Conversely, your brain is also set up to respond to your body. So when you fold your arms across your chest you are telling your brain that you need protection and reassurance, which reinforces that unconfident feeling.

Open arms and a straight posture send the opposite message to your brain. By standing tall, not only do you give the impression of confidence, physically and psychologically it also makes you feel more confident. As a bonus it will also make you seem approachable and interested in the person trying to communicate with you.

Top tip: When you feel unsure, or a bit down, challenge your posture. Adopt a more confident stance. Straighten your back keep your arms open and you will immediately feel more confident.



Life Launcher Review

Debbie from London was one of five lucky winners of a £100 voucher in our competition at the recent Vitality Show at Olympia, London. She joined us in Devon for the Life Launcher experience over the May Bank Holiday. This is how she described the Life Launcher.



"It's so hard to explain because of the range of emotions you experience over the weekend.

I would say it's an experience that will change you, even if you think you can't be changed. It will build your confidence, help you find your voice, instil positivity within you and leave you feeling strong.

This inspiring weekend will leave you with a feeling of wanting to live your life rather than watching it spin without you.

And after all that, you will be left with a sense of butterflies in your stomach as to what else you will achieve, and who you will be able to inspire."

the Catapult Club Cocktail of the Month

“Sweet Summer”

2 shots vodka
2 shots pomegranate juice
1 shot apple juice
1 shot elderflower cordial
Squeeze of fresh lime juice



Mix all ingredients together in a cocktail shaker with ice. Shake then strain into a highball glass filled with ice cubes. Serve with a slice of lime, put something summery on the stereo, sit back and enjoy.

Delicious Dozen: 12 Ways to Make this Month Magic

1. Visit Hay-on-Wye Book Festival from 22nd May to 1st June. Visit this beautiful Welsh market town for its 21st literary festival.
2. Take part in Cheese Rolling at Cooper's Hill, Gloucestershire on 26th May. An utterly bizarre and adrenalin filled day out.
3. Post a card to three people you care about.
4. Attend the Chelsea Flower Show from 20th May to 24th May. Give your senses a treat at the world's greatest garden show.
5. Read *The Little Prince* by Antoine de Saint-Exupéry.
6. Eat British asparagus. Try and buy as locally as possible. You may even be able to pick your own. Not only super tasty, but also unbelievably good for you. Serve with lots of butter (argued to be somewhat less good for you)!
7. Play like a child. Skim a stone on a pond, climb a tree, jump in a puddle...
8. Sign up for a charity run or walk. Raise money for a worthwhile cause and be motivated to get yourself outdoors.
9. Visit the Brighton Festival, on until 23rd May. The best mixed arts festival in England. Something for everyone: theatre, dance, music, books... and the seaside!
10. Do something you've been putting off.
11. Do something that scares you. Learn to surf, for example. There are plenty of excellent surf schools who will look after you and get you standing on that board.
12. Count your blessings. Write a list of all the things you're grateful for in your life.

Thank you for reading *the Curiosity*. It's written with you in mind, so we welcome your feedback. Email info@thecatapultclub.com and let us know what you think.

To make sure you receive the next issue please add info@thecatapultclub.com to your address book.

Enjoy the month of May!