



## **NEWS RELEASE**

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## **Electric Kites Success Coaching: Tips on Avoiding Post-Holiday Blues**

### **Five easy and powerful tips for finding inspiration, energy and passion.**

Los Angeles, CA, January 7, 2008-- After the hustle and bustle of the holiday season, many people experience some level of post-holiday blues. Yet, according to Amy Ahlers and Melissa McFarlane, there are ways to beat the blues and locate your inspiration, energy and passion in the New Year. Ahlers and McFarlane, of Electric Kites Success Coaching, have written a short article with five easy and powerful tips to beat post-holiday depression.

"People often feel a little down after the holidays," says Melissa McFarlane. "Sometimes it's a struggle to get back into the daily routine, especially when we don't know exactly what we want ahead. This is why we recommend focusing on five simple yet powerful tactics," she states. The five tips include looking to nature and hibernating, using the month of January for goal setting and planning, setting yourself up for success, taking on a new project, and practicing daily gratitude and appreciation. You can access the complete article at [www.electrickites.com/coaching\\_post-holiday.html](http://www.electrickites.com/coaching_post-holiday.html) or Digg it at [www.digg.com](http://www.digg.com).

"Look to nature and hibernate," recommends Amy Ahlers. "Mother Nature is the master of all things, isn't she? She lets us know when to spring into action, bask into the glow of summer, gear for change for fall and finally, hibernate for winter," she said. According to Ahlers, using the months of January and February to hibernate and practice RADICAL self-care, such as getting massages, taking hot baths, retreating to release disappointments and focus on new desires, and spending more time with your family and friends, are all effective ways to hibernate. Ahlers suggests allowing yourself the time and space to cocoon so that come spring, you are a full-blown butterfly ready to emerge.

When you're in the mode of creation, it's hard to find the space to be depressed. Using the month of January for planning what you want to accomplish during the rest of the year is an effective tactic to beat the post-holiday blues. Electric Kites recommends starting with the vision of where you want to be by considering the following questions:

- ∞ What's the story I want to be telling about 2008?
- ∞ What's the vision for the year?
- ∞ What is my #1 focus/goal for the year?
- ∞ What MUST occur in order for me to consider this year a "success"?
- ∞ What MUST STOP in order for me to consider this year a "success"?

One of the things that often leads to the post-holiday blues is New Years' Resolution failure. Many times, we make a resolution for the New Year that is WAY TOO BIG and fail in week two. Then we spend a month (or several years!) beating ourselves up. Instead, set yourself up for success by making a resolution for the first month of the year that feels like a delicious baby step—then build on your success.

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Let's face it; the holidays are a huge project! It's a time filled with shopping, card writing, receiving, giving, scheduling and cooking. It can suck up your time, energy, and patience all at once. Perhaps what your blues are telling you is that you are, quite frankly, bored and need a new project. Maybe now is the right time to take on a charity event, a new project at work, a class you've always wanted to take. Anything that feels big and juicy will do the trick!

Gratitude and appreciation are the simplest (and often most overlooked) keys to fighting any kind of blues (holidays or otherwise). Take time to practice gratitude and appreciation on a daily basis. Perhaps you can set up a gratitude ritual around the dinner table, at morning meditation or at night prayers. As you appreciate and express gratitude your blues will become a thing of the past.

Finally, you might want to consider working with a success coach. Success coaching is a proactive response producing positive results. Life and success coaching is growing in popularity as a career and as a service, which is not hard to understand when you consider the benefits it provides. The on-going process of life coaching helps to remove fears and confusion while encouraging pro-activity in the lives of individuals and in the workplace.

Electric Kites Success Coaching is offering a one and two-day workshop called, The ReCHARGE Workshop, in January and February this year. "We developed the ReCHARGE workshop because we believe so strongly in the power of individuals," says Melissa McFarlane. The workshop, offered each year, employs a "coach-as-optician" technique that dramatically alters self-vision, allowing the participant to truly and wholly see their lives. "We create our lives based on our thinking," says Melissa McFarlane. "If our thinking is warped—not a true rendering of our real life—then our lives will follow a circuitous course as well. When this happens to my clients, they're frustrated no matter how hard they've worked to bring it into focus," she states. The ReCHARGE Workshop is also designed to help participants clarify and activate their goals, while learning new ways to be both happier and more successful.

The ReCHARGE workshop will be held on January 26-27, 2008, at the Crowne Plaza, 1150 S. Beverly Drive, Beverly Hills, California, from 9:30am-5pm. Participation in the one-day workshop will cost \$195. Participation in the two-day workshop will cost on \$295. Electric Kites offers group discounts available for parties of three or more. The ReCHARGE Workshop has a 100% money-back guarantee. To reserve your place at the ReCHARGE workshop visit [www.electrickites.com/workshops.html#sign](http://www.electrickites.com/workshops.html#sign) or call 1.800.966.2FLY (2359).

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**About Electric Kites**

Certified life and success coaches Amy Ahlers, CPCC, and Melissa McFarlane, CPCC, formed Electric Kites to make life and success coaching accessible and affordable for everyone. Based in Los Angeles with offices in the San Francisco Bay Area, Ahlers and McFarlane strive to create a better world through life coaching, one person at a time. The Electric Kite symbolizes the exhilaration of simultaneously feeling grounded and uplifted. Electric Kites' mission is to create a better world through coaching, by providing a broadly accessible, affordable, and comprehensive suite of individual and group coaching services via the internet, telephone and face-to-face interaction.

With over 15 years experience as a coach, and trainer, Co-Founder Melissa McFarlane works with a diverse spectrum of clients including companies, senior executives and business professionals, entrepreneurs, artists, senior citizens, parents and individuals with a broad range of goals and experience. A sought-after speaker, Melissa has designed and taught training programs and workshops in both the United States and abroad. Melissa is a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute, and has a Bachelor of Speech degree from Northwestern University.

Since 2000, Co-Founder Amy Ahlers has coached a wide array of clients—from artists to lawyers to corporate executives—enabling them to reach greater levels of success. Under Amy's guidance, clients have launched businesses, manifested dream jobs, doubled incomes, published books, created fulfilling relationships, and achieved a greater sense of personal and professional satisfaction. Amy is a Certified Professional Co-Active Coach (CPCC), has a Bachelor of Arts degree from the University of California, and is currently finishing her final draft of her first book, "Big, Fat Lies We Tell Ourselves (and Believe!); Wake up to the 52 Truths About How Fabulous You Are."

For more information visit [www.ElectricKites.com](http://www.ElectricKites.com) or call 1.800.966.2FLY (2359).

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