

Positive Minds Connect Newsletter

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Welcome to our February
Quarterly Newsletter!

Yvette Kelley - Founder/Executive Director
Positive Connections Worldwide, LLC (PCW)/
Achieving Positive Thinking Worldwide (APTW)

Achieving Positive Thinking Worldwide's (APTW) mission focuses on improving mental wellness through positive thinking. APTW wants to *save* lives before negative thinking choices make people, especially females and students, think their lives have no value due to teen pregnancy, low income, single motherhood and substance abuse dependencies. Studies have shown that positive thinking helps people manage illness regardless of whether they are naturally optimistic or pessimistic.

<https://www.webmd.com/mental-health/positive-thinkingoverview>

#1. In 2016, nearly two-thirds of college students reported "overwhelming anxiety," up from 50 percent just five years earlier, according to the National College Health Assessment. Depression among college students comes in many forms and, in a survey conducted by the Association for Counsel University and College Counseling Center Directors in 2013, 36.4% of college students reported they experienced some level of depression. Visit our websites

www.achievingpositive-thinking-worldwide.org or

www.positiveconnections-worldwide.com. APTW charity events and workshops are FREE! APTW offers several positive fundraisers. APTW asks for your positive thinking help. YOU can help us to keep these positive thinking charity events and workshops FREE, because every donation you give helps. YOU can donate, fundraise and/or volunteer. Help us save lives. A mind it is a terrible thing to waste. Click here for more positive information

<https://www.achievingpositive-thinking-worldwide.org/projects>

Together, we help improve mental wellness through positive thinking! Thank you in advance!

Alison Bladh Nutritional Practitioner BSc (hons), mBANT, mCNHC, mNMTF. Owner of Alison Bladh Nutrition, 1-2-1 Nutritional Therapy Programmes. Specialising globally in women's menopausal health.

I am a registered nutritional therapist who helps women manage the negative symptoms of menopause. My mission is to support my clients with bespoke changes to diet, health, mindset and lifestyle so they can harness their hormones and get their confidence and sparkle back. I have been working in the health and wellness industry for over 30 years specialising in women's menopausal health. I started my own nutritional therapy clinic in 2018. I myself suffered with hormonal issues as a teenager and in midlife so this has made me want to spread my knowledge to help other women have a positive and happy menopause. I believe that all women, no matter what age, deserve to reclaim their health and feel great. Life is too short to suffer symptoms that hold you back! Every woman has the right to feel and look amazing during the menopausal years.

Happy Valentine's Day!

(cont.)

Alison Bladh Nutrition empowers, supports and motivates women to reach their health goals so they can regain their zest and thrive through this next chapter of their lives. Email contact@alisonbladh.com

Website <https://www.alisonbladh.com>

My Blog <https://www.alisonbladh.com/post>

Twitter <https://twitter.com/pinktearoom>

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Facebook <https://www.facebook.com/alisonbladhnutrition>

LinkedIn <https://www.linkedin.com/in/alison-bladh-b5178638>

Pinterest https://www.pinterest.se/AlisonBladhNutrition/_created/

TikTok <https://www.tiktok.com/@alisonbladh>

Dianne Reilly, Transformational Leadership Coach & Speaker, John Maxwell Team

I love to see people accomplish things they thought they could never do! As a lifelong learner, personal growth has ranked high in my priorities and it is my passion to assist others in unleashing and utilizing their potential to the maximum. I graduated from Rollins College in Winter Park, Florida with a BA in Business Administration, with honors, as an adult while working a full time job. After a successful, award winning sales and management career with an international pharmaceutical company for over 20 years, I have unleashed the entrepreneurial spirit that was hiding inside. After owning several small companies, I became a member of the John Maxwell Leadership Team and certified as a Speaker and Coach. I can offer you workshops, seminars, keynote speaking, and coaching, aiding your personal and professional growth and restoring individual/organizational identity and culture. Working together, I will move you and/or your team or organization in the desired direction to reach your goals. This principle works not only in the workplace, but in every area of your life. When you become better, everything and everyone around you becomes better! I encourage you to connect with me on Twitter, [@leadershipBEST](https://twitter.com/leadershipBEST), Facebook <https://www.facebook.com/leadershipbest>, Instagram <https://www.instagram.com/DianneReilly>, LinkedIn [linkedin.com/in/diannerelly](https://www.linkedin.com/in/diannerelly)

COLLABORATORS:

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- Alison Bladh, Nutritional Therapy Practitioner BSc (hons), Owner of Alison Bladh Nutrition, Stockholm, Sweden
- Dianne Reilly, Transformational Leadership Coach & Speaker, John Maxwell Team, Greater Orlando