

# Rosalinda's Successful Life Wisdom

Tactical Wisdom™ for Success in Work and Life

**CEO LifeMentor, Inc.**  *Mentoring, Training, Retreats and Publications*

## SUCCESS SEMINARS AND RETREATS:

May 11, 2007

### Success Quicksand Intelligence

*Work Full Speed and  
Enjoy Your Overload!*

3 hour AM Seminar

June 6, 2007

### Successful Peaceful Warriors Day Retreat

*Reducing the Toll  
and Achieving More!*

6 hours in Beverly Hills

Register at

[www.ceolifementor.com](http://www.ceolifementor.com)

Or Email [Rosalinda@  
ceolifementor.com](mailto:Rosalinda@ceolifementor.com)

for more information.

## ENJOYING YOUR OVERLOAD

In 1974, Hans Selye, M.D. published *Stress Without Distress: How to use stress as a positive force to achieve a rewarding lifestyle*. He was speaking to me though I had no idea I would make it my life's work.

In 1973, I bought my mother a home. The next day I was hospitalized for gallbladder surgery. I had ignored how the stress of adding that impacted my career, my life goals and me. It took months to fully recover. The respected surgeon's bad judgment taught me sometimes mistakes we make have lasting unwanted



**Rosalinda O'Neill, President,  
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results. One of my life's lessons I pass on to others.

I changed my nature to not be so self-sacrificing. Yet I remain a responsible, generous, loving human.

Having success and a

wonderful life comes from learning from our mistakes and the wisdom available. We have opportunities to decide much of our work and life. Things go wrong, at times terribly. Successful people learn the causes, recover and move forward.

This weekend a 59 year young "healthy" gentleman died after Passover dinner. No one got to say good-bye. Life is so delicate.

You carry a great load to make yourself and others successful and happy. Do you enjoy your overload? If not, find out how from me or someone else. Today.

## SUCCESS INTELLIGENCE TIP

Ask your Partners what you can do to help them, and let them help you. All of us have extra overload days, weeks, or months that are incredibly hard to successfully manage. These drain us. Even a desired, yet difficult client or unexpected situation adds a heavier load to handle. Often just a bit of help

and relief gives us that extra breath to truly achieve our goals. You may only be able to give a moment of compassion and moral support. Look for opportunities. Partnerships soar when everyone does it! **Talk with Rosalinda about your confidential partnership and practice development consulting and retreat options.**

**M E N T O R S   R E M E M B E R E D**

These are stories of Mentors we remember. Betty Hach is one of Rosalinda O'Neill's. Email your story to Rosalinda to have your Mentor story considered for publication.

In May 1968, just before I graduated high school, my teacher and school counselor, Elizabeth (Betty) Hach, stopped me in the school hallway. She is a tall, kind, wise and to-be-respected teacher. She held papers out to me and told me

*"Complete these papers and bring them back tomorrow. It is a JFK Teaching Scholarship and you might qualify for it."*

I obeyed. The application was in on time and I won it.

Until that moment, I had no plans to go to college. It simply was not on my to-do list. Friends were going. My grandmother went. I was a leader in high school but I was too busy with commitments for others. I had not thought past graduation yet. Betty did.

She mentored me through high school as much by her example as her teachings. She remains my Mentor and Friend. Betty Hach embodies the grace, confidence, intelligence and success in work and life I strive to achieve. When I am unsure or struggling I think of her to help me choose the wiser path in my behaviors and my goals. My prayers include thanking her for taking the time for a sweet hard-working girl, me.



Betty Hach and Rosalinda O'Neill at Betty's 60th Wedding Anniversary Celebration June 2005, Miami, Florida

*"Life is too long  
to be in a bad  
mood"  
Tony  
Kourounis,  
our contributor  
today on Getting  
Promotions  
April 2007*

**G E T T I N G   P R O M O T I O N S**

In 1967 I was a 17 year old college freshman who knew music and Ft. Lauderdale spring break transcended study. I flunked out (along with my band mates). I heard my father tell my mother. *"The bum needs a job."*

I went to the Employment Agency to seek a \$450 a month job I saw advertised. I was told I could earn this fortune by shuttling and cleaning portable toilets. I opted for a job as a mail

clerk with First National Bank of Chicago.

Miss Munn, the Personnel Director, told me to report at 7:15 AM the following Monday. I did. I sat on the marble stairs and waited an hour before Miss Munn arrived. When she arrived she asked *"Have you been sitting on those cold stairs for an hour?"* I replied *"Yes, Miss Munn"*. She realized she had not told me where to report. She summoned me to her office.

I thought I'd be fired before I even started. Instead, Miss Munn told me she had good news. I was being promoted on my first day. I was to report to the credit department at \$20 a month more.

I have been in banking ever since. Now I am the Regional VP of Ventura County for the National Bank of California. You can reach Tony Kourounis at [akourounis@nbcal.com](mailto:akourounis@nbcal.com).

**Email Rosalinda your story.**

**C E O   L I F E M E N T O R , I N C .  
O F F I C E S   I N   B E V E R L Y   H I L L S   A N D   C A L A B A S A S**

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