



# Tips to keep you airborne!



How to have a wholesome Christmas  
December 2021

The Christmas holiday period and all that it entails can be challenging on many fronts.

Think pressure cooker, steaming past 100C with a faulty seal, and you get the picture...a potentially dangerous and messy one at that.

Now consider a continuum with chaos at one end and control at the other.

At which end do you sit?

Put simply, are you someone who tends towards rigidity and control or mayhem and madness?

Consider how hanging at either end may render you less flexible, adaptive, coherent, energized and stable.

In a word, less integrated...less wholesome.

A tip to become more wholesome?



Caroline Crosbie  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259

Face the opposite end of the continuum from where you're at, let go and let flow.

In the meantime, I'd like to wish you all joyful integration Christmas, and a New Year of continued challenge and growth!

Thanks for tuning in over the period.

The very best,

*Caroline*

*PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE.*

*Email me with "yes, more information please".*

*Spread the word...*



**Caroline Crosbie**  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259