



LEADERS EMERGE !

*The VARL mission is to develop, improve, and strengthen leadership skills and practices in both public and private rehabilitation organizations.*

Happy New Year to All! In this time of year when many of us are making resolutions for fresh starts in some area of our lives, it seems fitting to share some pieces that many of you have seen before but seem like good philosophy for emerging leaders to emulate at the start of a new year. The first is about *Success* and is by Ralph Waldo Emerson:

*"To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation (praise) of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived - this is to have succeeded."*

The other piece is about *Attitude* and is by Charles Swindoll:

*"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes."*

If we approach each day being successful in the way Emerson defined it and if we go out each day choosing to respond to life's up's and down's with a positive, possibility-thinking attitude, that is Leadership!! Try it on!

Now, let's move on to VARL news. Our workshop with Norm Crouse on "The Seven Habits of Highly Effective People" was very well received. So well that we have 'booked' Norm again for October 23, 2007 and this time it will be in the Roanoke area. So get the word out to your rehabilitation colleagues in public and private, counselor and support staff, evaluator and job coach sectors so they can save the date. Specifics on location will be forthcoming later in the year.

So many who attended the workshop expressed an interest in further growth and ideas for incorporating the Seven Habits that we have decided to make the 'habits' the topic for

our Brown Bag Leadership Chats in 2007. We have facilitators in several areas of the state that will schedule and announce these. (*We could use additional facilitators for Northern Virginia, Fredericksburg, and Winchester areas if anyone is interested. VARL will provide you with guidance on how to do this.*) Anyone is welcome to participate in these chats even if they didn't attend the workshop. Of course, reading Stephen Covey's book on the Seven Habits would be excellent for developing leadership skills. You can check it out at your public library.

If you are a student member of VRA but not a VARL member, we want you! VARL will soon be sending out letters to VRA student members offering a 'scholarship' of one year's VARL paid membership in return for assisting us with expanding our student presence. Feel free to contact our membership chairperson, Bill Burnside or Past President, Susan Green, for more information.

Please join us at our Board meetings. In 2007 we plan to move our meetings around so more members might be able to attend. The schedule is February 8 - Charlottesville, April 12 - Williamsburg, June 14 - Richmond, August 9 - Staunton, October 11 - Charlottesville, December 6 - Richmond. Please contact a VARL Board Member or Officer for specific location information. All meetings begin at 10:00 a.m. and adjourn by noon or 12:30. We hope to see you there whether you are a VARL member or not.

Let the Leader in You Emerge in 2007!

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*VARL 2006: President - Carol Thacker, President Elect - Jim Hall, Past President - Susan Green, Treasurer - Eleana Boyer, Secretary - Bonnie Hawley, Board Members Shirley Lyons, Naomi Aitken, Ned Campbell, Marie Gibson, Doug James, Teri Bertsch*