

Staying Connected Key to Success

Thank you to all who have participated in the **I-ACT Friday Connect Calls**. It was an **AWESOME** opportunity to connect when we couldn't be together in person, and it was an **INCREDIBLE** way to help encourage and support one another through challenging times. We reinforced the fact that in I-ACT, we are never alone and stronger together!



While our calls began as way to help our members navigate closures and then re-opening procedures in a safe manner, we came to realize these calls were also opportunities to share information and expand knowledge. In some cases, these meetings enabled participants to find new ways of growing business and serving people.

As the calls remained focused on being **positive, supportive, forward-thinking** and **encouraging**, the format changed to be one of sharing and education. We had wonderfully informative presentations on a variety of topics, including: how to microgreen; how to use an App for your business; the microbiome and fiber for healthy digestion; business 101; how to use essential oils; staying compliant in marketing; and the healing power of water, to name a few. We ended the year with a virtual celebration of all the things members accomplished in spite of the challenges faced.

Here are just a few of the **accomplishments members shared during the virtual celebration**:

- Opened a new center
- Focused on what WE can do for I-ACT and our future
- Practiced more self-reflection
- Planted a garden
- Went back to school to become a naturopath
- Excited about the new direction for I-ACT
- Enjoyed more family time
- Maintained my health

- Focused on my emotional and spiritual connection
- Started two virtual book clubs
- Attended to some home projects
- Started microgreens (because of I-ACT presentation)
- Put self first – exercise challenge
- Grateful to come through a dark hole
- Learned to be grateful and present
- Got back to being creative
- Found clarity of purpose
- Practiced self-care to care for others
- Faced uncomfortable truths
- Created alliance with another colon hydrotherapist
- Published a #1 bestselling book at the beginning of the pandemic
- Re-built my business 10.2% since re-opening

Yes, it was a year of challenge, change and accomplishment, and **YES! we have many reasons to celebrate!!**

As the new year is upon us and everyone is focusing on making it better than 2020, I-ACT is full of possibility for the future of colon hydrotherapy everywhere. The **new education and training standards** are an incredible game changer for the profession – a huge reason to maintain active involvement and certification. The **value of I-ACT membership** goes far beyond paying dues. It's all about professionalism, standards, ethics, and a community of caring, competent and courageous individuals.

The **I-ACT Friday Connect Calls** will continue twice a month through 2021. Be sure to check out the members' only section of the I-ACT web site for meeting dates, details and login information. If you have participated in the past, thank you and we look forward to seeing you in the future. If you have not, why not check it out? It's a great way to stay connected, learn something new, and share with fellow professionals around the world.



I-ACT is growing to serve the needs of professional colon hydrotherapists and the clients they serve. We look forward to your active participation as the Association adapts to a new way of doing business and new standards to raise our standing within the holistic wellness field. **Happy New Year!!**