



NEWSLETTER

News & Info

Happy New Year 2020!

The team at VO would like to wish you a very happy and prosperous 2020!



Ecosia

Here at VO we love doing our part for the environment. That's why we've made it our New Year's resolution to use "the search engine that plants trees". Based in Germany, 80% or more of Ecosia's profits are donated to organisations whose core activity is reforestation. Want to help reduce the amount of CO₂ from the atmosphere? Search with Ecosia, and help "plant trees where they're needed most".

Kirsty's Diploma

Congratulations to Kirsty who obtained her university diploma in Business Coaching from the IAE Lyon business school in December. Don't hesitate to contact us to know more about the benefits of individual and team coaching.

CPF Made Easy at Version Originale

The recent training reforms that took effect in November 2019 now give each person control over their CPF (*compte personnel de formation*). Below is a brief explanation of how it works, and the steps to take to sign up for training with VO.

Getting Started

It's now possible for anyone to "buy" a training course through the MonCompteFormation app or directly through the website [here](#). If you already had a MonCompteActivité account, it has automatically become a MonCompteFormation account, which you can access using the same login and password details. To create a new account, simply use your social security number.

What To Look For

Once you have logged into your account, look at the top of the homepage. There you will see the total budget. Further down on that same page you will see, for example: "1 200 € réservés soit 1 725 € disponibles" (the second number, in dark blue, is the amount currently available to you).

You can then click on [Voir mon historique](#) to verify that you have received all of the credits for each year that you've worked since 2015. If something is missing, contact VO. If you have unfinished DIF hours, you need to enter these manually before you can use your CPF. Check [here](#) for information about how to do this.

Using Your CPF At Version Originale

- **Call us first** so we can define your level, needs and objectives (we will then send you a proposal with a link to the course we suggest)
- **Click on the link** to sign up for the course (we then have 48 hours to validate your request)
- **Accept the course** (you have 4 days after validation) — then we can start!

If you are considering using your CPF for training at VO, the most important point is to call us first. That way we can be sure to provide you with the course that best corresponds to your needs and level. We look forward to hearing from you soon!

January Dates

According to the website holidayinsights.com, January is also known as:

- National Blood Donor Month
- Hot Tea Month
- National Soup Month

Here are some other days of interest:

- 3 January - Fruitcake Toss Day
- 8 January - Bubble Bath Day
- 10 January - Peculiar People Day
- 12 January - Feast of Fabulous Wild Men Day
- 14 January - Dress Up Your Pet Day
- 18 January - Winnie the Pooh Day
- 20 January - National Cheese Lovers Day
- 23 January - Measure Your Feet Day
- 28 January - Fun At Work Day

*January Schmanuary

Rhyming with January, the word "Schmanuary" (like the Yiddish words schmuck or schmear) is used to gently and humorously make fun of something or to deflate pretension.

Another common example is "Fannycy schmancy", meaning posh, or extravagant.

"Jane wore a fancy schmancy dress to the party".

January Schmanuary*

Named for the Roman deity Janus who zealously guarded over gates and doorways, January is the month where we look back to the past *and* forward to the future. Recent socio-cultural initiatives use January to promote some rather unique causes. For you to decide if any of them are for you.

Dry January

Everyone knows that January is the time of year when new year resolutions are made. Eat less. Stop smoking. Exercise more. And by the third week of the month, we've all but abandoned our good intentions. The ambition behind Dry January is no different. — go alcohol-free for the month. Begun in 2013 with 4,000 people, Dry January counted 4 million participants in 2018. What's the point, you might ask. According to alcoholchange.org.uk, abstaining from alcohol for even one month will save you money, give you better sleep, and lower your weight. But then again, it all depends on how much you drink in the first place.



Veganuary

According to Wikipedia, "Veganuary is a UK nonprofit organisation that encourages people to go vegan for the month of January as a way to promote and educate about a vegan lifestyle". But what,

exactly, is a vegan? Simply, it's someone who does not eat or use animal products. This includes the obvious meat, fish, and eggs. But more surprisingly, strict vegans also avoid dairy products (milk, cheese, butter) and any food that comes from a bee (honey, pollen, royal jelly). Then there are foods that contain animal-derived ingredients, such as gelatin, Omega-3 fatty acids, and some natural flavourings. And what about leather? Because it's not just about diet, but rather a lifestyle, many vegans choose not to use these products either.

Both initiatives share a similar goal: inspiring people to re-think their relationship to food and drink. Are you ready to take the plunge and go dry, or vegan, for a month?