

***** Sense of a Goose - Advenire newsletter / 6th of august 2001 *****

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Your input, ideas, tips, articles and other contributions are welcome to:
feedback@advenire.com

***** The Quote

" A sailor does not ask for tail wind, he learns how to sail" (unknown)

***** Tips in brief – Position yourself!

We found this clever (?) tip about your image within in your organization. The best climate is probably when there is no need to uphold a specific personal image, but if you are at a business meeting and want to strengthen your position, keep the following in mind:

- Arrive early at the meeting so that you can choose the seat opposite of the person leading the meeting. This creates the grounds for plenty of eye contact with the person leading the meeting, which is of great help to you when you want to comment on something or ask questions.
- Do not sit next to your boss. Most likely your boss will then be getting most of the attention. You will be noticed less, which makes it harder for you to actively participate in the meeting.

(All according to the Chicago Tribune)

Editors note: It is also a not so well kept secret that it is a sign of power and influence to arrive last at the meeting, which makes everyone else have to wait for you and you automatically get a position of influence (unless the meeting starts without you!).

***** Checklist for setting for setting goals in your work!

1. Base your goals on your values – let them express something you believe in
 2. Set specific and measurable goals
 3. Write them down in a simple and understandable format
 4. Make sure they are challenging, yet achievable
 5. Inspire yourself and others by creating positive images connected to your goals and live by them
 6. Make sure there are rewards along the way
- (Source: Business Desk Reference)

***** Said by Henry Ford about goals!

"Obstacles are those scary things you see when you take your eyes off your goal"

***** Sentence about learning!

Are You open to learning?

How do You react when you are confronted with something that you don't understand?

Do You get angry or do You get happy?

Do You get curious?

Organisations need learning people.

Are You one of them?

(Source: Institute for Organizational Development)

***** Five on the Internet – This time it is all about Neurobics!

About Neurobics and tips about a book on this topic...

<http://www.seniorworld.com/articles/a19990617104809.html>

Article in New York Times about Neurobics and "mental exercise"...

<http://www.nytimes.com/library/financial/sunday/100399personal-brain.html>

A mix of tips, facts and questions on a site for women (works for men too...)

<http://www.swh.net/neurobics.htm>

Facts and tips with pictures to go with it...

<http://www.keepyourbrainalive.com/exercise.html>

Test how "neurobics" you everyday life is...

<http://www.keepyourbrainalive.com/comments.html>

***** Worth considering!

After Fred Astaire's first audition, the person in charge of the auditions at MGM's wrote the following memo about Fred: "Can not act! Slightly bald! Can dance a little!". Fred Astaire later kept that memo in a frame above the fireplace in his Beverly Hills home.

***** Metaphoric – Change starts from within!

On the tombstone of an Anglo-Saxon bishop at Westminster Abbey in London the following writing can be found:

"When I was young and full of energy, I set out to change the world.

It proved to be an impossible task for me to achieve.

Then I decided to instead try to change my country.

But this also turned out to be a task out my reach.

When I became older I found myself a new goal, to change my family.

This though, proved to be the hardest of them all, they would not listen at all.

As I lie here waiting for my death, I realize that if had started with changing myself, I might have been a role model that would have inspired my family and maybe that would have also affected our neighbourhood.

Maybe that way even my country would have changed some to the better."

***** Office workout!

When you have been sitting still for a while (about 30-45 minutes) at for example your work, try standing up and doing high knee lifts staying in the same spot, bringing your right hand to your left knee and vice versa. This will get for one get your blood flowing and also this movement (crossing your body's vertical line) stimulates a reaction and activity in your brain that will give an energizing effect. Try it...it can also work fine as doing something that feels a bit embarrassing to do near other people!

***** News from Advenire!

By popular request we offer once again our Teambuilding Facilitator Training. This time held in Sweden, outside Stockholm in a beautiful setting, between February 18-23, 2002. Trainers are Markus Eriksson and Will Skaskiw. Contact us at for more information at info@advenire.com or visit our website at www.advenire.com/trainings/tft.html.

***** Editorial and subscription

Advenire offers trainings and seminars on five continents, facilitating growth for people and organizations of all ages, nationalities and backgrounds. We excel at teambuilding, leadership and personal development.

Our newsletter "Sense of a Goose" is distributed via email six times a year and is for free.

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