

***** Sense of a Goose - Advenire newsletter / 1st of december 2001 *****

- The Quote
- News from Advenire
- Phases in a creative process
- Projections
- Tips in brief
- When in my life
- Two simple office laws
- Books to be recommended
- Good moral
- Questions
- Seasonal greetings
- About Advenire, editorial and subscription

Send your input, ideas, tips, articles and other contributions to: feedback@advenire.com

***** The Quote

" Be the change you want to achieve " (Gandhi)

***** News from Advenire!

Things with trainings are running as usual at the moment so the biggest news at of now is that you can also reach us at www.advenire.biz on the internet in addition to www.advenire.com. As they say in a slogan for a swedish telecommunications company "Nothing changes, Everything is different".

***** Phases in a creativ process!

1. Preparation. Lay the foundation, learn the background of the situation/problem.
 2. Concentration. Become totally absorbed in the specific problem.
 3. Incubation. Take a time-out, a rest period, seek distractions.
 4. Illumination (Aha!). Recieve the answer and ideas, "the light comes on".
 5. Verification/produktion. Confront and solve the actual problem, other people become convinced and a part of the action, the work gets done.
- (Source: Take the road to creativity, David Campbell)

***** Projections – Native American wisdom!

The native americans in North America had a perspective on personal growth that while they were sitting in a circle and observed the person across from them, on the other side of the circlem, they believed that whatever annoyed or irritated me about that persons behaviour was something I needed to work on myself.

***** Tips in brief – A goalsetting checklist!

A well formulated goal follows these guidelines:

1. States a result, not an activity
2. Is measurable
3. Is understood by everybody, i.e stated in a "simple" manner
4. Is reachable
5. Works a guidance

6. Is in line with overall goals
 7. Gives freedom for choosing the work method
 8. Means something of a challenge
- (Source: ABC-book on learning, Metoda Bokklubb)

***** When in my life?

When in my life did I stop dancing?
When in my life did I stop singing?
When in my life did I stop being enchanted by fairy tales?
When in my life did I stop enjoying the realms of delightful silence?
Many native people believe that the time in our lives when we stop dancing and singing, stop being enchanted by fairy tales or start experiencing silence as something uncomfortable, that this is also the time when we start experience the loss of our soul.
(From Angeles Arrien)

***** Two simple officelaws!

§1 The boss is always right
§2 If that is not the case, please refer to §1
(Source: www.skrattnet.com)

***** Books to be recommended – Chicken Soup for the Soul!

This time the book recommendation is actually a series of books with heartwarming stories that can help when life feels a bit heavy or to inspire some. The books exist with many different specialty areas like for Teenagers, Women, The Work Place and we even saw one for Gardening. There is also a homepage www.chickensoup.com where you can read more about the books and also read free sample stories on a variety of topics.

***** Good moral – inner images affect us!

“The chance that we act with a good moral is much greater if it is part of ones purpose to be a morally highstanding person, i.e if you see your self as a person with a good moral”
(Gathered from a book on ethics and inner images by Blandhard & Peale, 1988)

***** Questions – for reflection together with others!

1. Would you shorten your life by five years in exchange for becoming extremely attractive?
 2. If you could wake up in somebody elses body tomorrow, would you take that chance?
Whose body would you choose?
 3. What in your life are you most satisfied with? Least?
 4. What has been the biggest disappointment of your life? Your biggest failure?
 5. If you had to choose between one intimate and close life companion but not other close friends OR no such life companion but instead many friends and acquaintances, which would you choose?
- (Source: Ask Yourself, ISBN 0-89480-320-4)

***** Seasonal greetings!

Seasonal greetings from us at Advenire to all of you and we look forward to reaching you again through Sense of a Goose in the very first days of february...

***** 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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