

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

- The Quote
- Tips in brief
- Five steps towards motivation
- Brainstorming
- Five on the internet
- Metaphoric
- Food for thought
- News from Advenire
- Editorial and subscription

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

***** The Quote

"Fear of dying will not keep you from dying, it will only keep you from living" (unknown)

***** Tips in brief - Celebrate success!

If you wish to enhance areas such as quality, customer service or profit at your company/organisation - make sure you celebrate the results you achieve. Don't walk around waiting for a big breakthrough that might occur once a year. Instead celebrate smaller, achievable goals every month or perhaps every week. A few tips:

- Make sure you celebrate right after the goal has been achieved.
- Celebrate or give attention to the goal at your workplace so that everyone involved in reaching the goal sees what is going on. This will also spread the word and make others interested in what is going on.
- Invite the whole team or section even though not everyone was directly involved in the task that led to the result. This will help create team spirit.

(Source: SmartBiz)

Editor's note: To celebrate success is also a great way to reduce stress, also in your personal life!

***** Five steps towards motivation!

Below is a Top Five based on 40 years of motivational studies in the USA regarding how to motivate coworkers and one self:

1. Acknowledgement - admiration and positive statements, but also constructive criticism. The worst state is to be treated as air.
 2. Decent salary - gives economical safety and a measure of how competence is valued.
 3. Interesting tasks - gives personal growth, a must to keep the best people in the organisation.
 4. Comfort in the workplace - keep your information channels clear!
 5. Growth/career - independent tasks and internal recruitment are a couple of drivers.
- (Source: The Magazine Chef)

***** Brainstorming - A checklist!

A quick checklist for brainstorming in a group or on your hand, for example before a presentation:

1. Start with a few moments of silence and empty your mind

2. When you start - think energy!
3. Write as quickly as you can to keep the flow!
4. Write everything down, use abbreviations
5. Start anywhere!
6. Let go of structure!
7. Neglect spelling, punctuation, grammar etc.
8. Avoid ALL self criticism ("no" and "not possible" are forbidden words)
9. Accept ALL ideas, even if they are "stupid" or "impossible"
10. Write/create until you are exhausted, get some rest, then start over again!

***** Five on the Internet – The topic this time is stress!

Read articles and browse through different topics...

<http://stress.about.com/health/stress/>

An article with tips for stress reduction...

http://wiwi.essortment.com/stressreduction_rhef.htm

A page-full of stress reductions, some more sensible than others...

<http://www.aomc.org/stressreduction.html>

Stress reduction for office workers, simple exercises...

<http://home.integrityonline.com/srh/stressrd.htm>

Virtual meditation slideshows, oh what you can find on the Internet... :o)

<http://www.shpm.com/articles/stress/index.shtml>

***** Metaphoric - To walk the talk!

A poor woman in India had a son that ate a lot of sugar. She regarded this as very unhealthy, but could not make him stop. Then she heard word of a wise man named Gandhi. She worked hard day and night to afford to be able to travel to see him together with her son. When they arrived they had to wait in line for three days to see Gandhi. When they finally had their turn and the woman explained her problem, Gandhi said: "Come back in three weeks time". Surprised and confused the woman travelled home and returned with her son after three more weeks of hard work. Again they had to wait for three days in line. When they once again met with Gandhi, he looked at the boy and said: "Stop eating sugar!" and then nothing more. The woman got angry and wondered why Gandhi hadn't just said that three weeks ago and saved her a lot of hard work and travelling. Gandhi calmly replied: "Three weeks ago, I was still eating sugar".

***** Food for thought - 3 questions!

Will Schutz, creator of amongst other things the FIRO-theory regarding stages in group development and author of "The Human Element" which was recommended reading in a previous newsletter, is heard to have once said that there are three questions that we should ask ourselves:

1. What kind of person do I wish to be?
2. What is blocking me from becoming the kind of person I wish to be?
3. In what ways do I reward myself for keeping these blocks?

***** News from Advenire!

We are now introducing a new training called "Groups - Heaven and Hell", combining exercises (such as visualisations) and theory for inner leadership, i.e leading yourself, with outdoor group dynamics exercises. A great tool for a new and different dimension to group leadership and teambuilding. Contact us for more information at: info@advenire.com.

***** Editorial and subscription

"Sense of a Goose" is distributed via email six times a year and is for free. Editor: Markus Eriksson (markus.eriksson@advenire.com)

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