

Hi

Welcome to High Ideals News.

letter from the editor

Hello and welcome to all the new people who've joined us.

Today's newsletter shares with you a beautiful poem written by our Managing Director, Karina Butera. She shared this with me and the rest of the team a few weeks ago and I just knew from the moment I read it that many of you would appreciate reading this.

Evoking possibilities

By Karina Butera

Don't tell me "I can't..."

Tell me "I won't ... because there are other strengths I'd rather be using right now."

Don't tell me "I should..."

Tell me "I will ... because this is something I value and feel compelled to do with a clear conscience."

Don't tell me "If only ..."

Tell me "Imagine if ... because all things we can imagine, we can create as a collective power."

Don't tell me "I'm not good at..."

Tell me "I'm improving ... and each day I get better in the areas upon which I focus."

Don't tell me "I make no difference ..."

Tell me "I matter ... and I put forth my best each day to be part of the good I want to see in the world."

Don't tell me "There's no point..."

Tell me "There's purpose ... and if there were no challenges in life, I would feel no sense of achievement."

Don't tell me "I'm alone..."

Tell me "I belong ... to a world full of people who get scared, just like me, who wish for

better, just like me and who long to love passionately and peacefully, just like me.

Don't tell me "I'm lost..."

Tell me "I'm seeking... the people, the place, the vocation that are perfect for me at this point in my life."

Don't tell me "I know..."

Tell me "I believe... as each day I'm learning more and my beliefs expand and soften."

Don't tell me "I don't know..."

Tell me "I'm curious... and I'm on the path of discovery, alive with the broadening of my mind."

Tell me you care; tell me you feel.

Tell me you dream and imagine.

Tell me you believe in a greater intrinsic goodness.

Tell me you are bigger than your perceived limitations.

Tell me you contribute with courage, generosity and an open heart.

Tell me of the possibilities that float from your loftiest dreams.

Tell me you are unique or tell me you are like me.

Just don't tell me you 'can't'.

Thanks Karina for sharing this with us!

Looking for a tip, resource or something else? Let me know by sending me an email. If appropriate to do so, I may share the response with all the readers here so that we all might benefit.

All the best,
Noel

Noel Posus
Director of Operations - High Ideals
noel.posus@high-ideals.com

news and events

We will be hosting High Ideals "Gatherings" again in Melbourne and Sydney soon, and are developing plans for other centres as well. The latest news and event information will be posted on our website

follow us on Twitter

You can follow High Ideals on twitter by clicking on this link:



follow us on Facebook

Follow High Ideals on Facebook.



advertisements

If you would like to become a High Ideals member, we have several special offer 'early bird' places still available. This means you receive your first year of membership for HALF PRICE (saving you up to \$200) and any new members who join this year will be able to proudly call themselves 'founding members'. Please visit <http://www.high-ideals.com/> for more information.

will be posted on our website.

In Sydney, the next gathering will be held on Thursday, 15th October at the Whitehorse Hotel, 381-385 Crown Street, Surry Hills.

The next High Ideals gathering in Melbourne will be held on Thursday, 12th November at Club Ringwood, 523 Maroondah Hwy, Ringwood.

These evenings commence at 6.30pm and run through to 9.30pm. If you would like to attend please email julie.saunders@high-ideals.com.

floating your boat with a quote

"No one can make you feel inferior without your consent." Eleanor Roosevelt

resources

One of my favourite resources to recommend is Mind Tools at <http://www.mindtools.com/>.

This remarkable site has hundreds of really useful and practical tools, resources, worksheets, articles, e-books, etc on developing professional skills ranging from communication to negotiation.

This is up there in the top ten of most useful sites I've found in my career!

Enjoy the journey!

[Resources page](#)



[High Ideals Website](#) | [Contact Details](#) | [Become a Member](#)