

Hi

Welcome to High Ideals News.

letter from the editor

Welcome to our second issue of High Ideals News.

The feedback about this new newsletter for us has been excellent and people have been sharing lots of ideas and a few requests.

If you have any ideas or special requests of things you'd like me to include here, please send me an email to my address below.

Since you're receiving this news update, you would have of course visited the High Ideals website at least once. Did you happen to notice our three overarching values?

- Integrity
- Positivity
- Impact

If you're interested in exploring these topics for yourself a bit more, here's a simple exercise you can do.

- In a diary/journal or in a notebook, or if it's more your style in a spreadsheet, put the headings of Integrity, Positivity and Impact in for each day.
- At the beginning of the day you can write a simple statement about what your intention/goal is for each.
- Then at the end of the day, you can rate yourself out of 10 (where 10 is the highest possible score) as to how well you feel you delivered on your intention/goal.
- And if you want, you can also write down some notes/insights from your self-evaluation.
- Do this for one week (or longer if you'd like) and look to see how your performance tracks (highlights and lowlights)

Now, I recognise that although I referred to it as simple, that may only apply to the design. Performing the exercise may have its challenges from time to time for some, and yet it's likely to have some very interesting benefits to you and others.

This exercise has been provided here in response to a reader's request. I trust it honours that request and that all of you reading here may find some value in it.

All the best,

Noel

Noel Posus

Director of Operations - High Ideals

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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.

The next High Ideals gathering in Melbourne will be held on Thursday, 1st October at the CQ Bar, Level 1, 113 Queen Street, Melbourne.

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

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

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us." Helen Keller

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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.

resources

Here's another one of my favourite resources: <http://www.ted.com/>.

TED is a small non-profit devoted to Ideas Worth Spreading. It started out in 1984 as a conference bringing together people from three worlds: Technology, Entertainment and Design (and therefore TED). Since then its scope has become even broader, with conferences hosted around the world.

All the speakers are filmed and each video, which is typically 20 minutes or less, is then posted on the website. There is no charge to access any of the information!

There's now a huge library of some of the worlds' most dynamic speakers, sharing their ideas on the most amazing topics.

I view TED videos every week and I often share them with my clients. TED has now become a regular part of my ongoing professional development planning.

You may find some similar benefits for yourself. Enjoy!

[Resources page](#)



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