

Hi #firstname#,

Welcome to High Ideals Member News.

## from the desk of Karina Butera

### Founder and Managing Director...

*It was an absolute delight to meet those New South Wales members who were able to attend the first High Ideals gathering in Sydney last week. The gathering was small, but the energy was vibrant and I left feeling very excited about the future of High Ideals after chatting with members who were so enthusiastic about our mission and who shared some brilliant ideas about how we can be having a greater impact on members and the broader community.*



*I want to use this opportunity of writing 'from the desk' to briefly focus on the importance of the criteria of 'valuing others'. Often it is not until we have to walk in another's shoes that we realise what goes into their work. Right now I am puddling away here, putting this newsletter together. It's my first attempt at doing this (so I ask for your forgiveness if it comes out poorly!). Therefore, I have a renewed respect for our fabulous Newsletter Editor (along with a bunch of other roles Julie plays) who so expertly puts the newsletter together each fortnight. So thank you Jules, for your amazing work on our newsletter.*

*Speaking of newsletters, you would have received an email from Noel Posus (Operations Manager) this week giving you the latest news that we are about to launch a 'general public' newsletter. I hope those of you who are looking to have greater impact in your own work will jump at the opportunity to contribute to that newsletter.*

*There are a few matters we are finalising that I wish I could share with you - but the timing isn't quite right yet. Hopefully all will be signed, sealed and delivered by the next newsletter, so please "watch this space" for that news.*

*Before I sign off, can I ask you to take this little challenge into the weekend with you. For one whole day, smile at everyone you meet (regardless of whether they appear happy, grumpy, receptive or repugnant!), make sure you look into their eyes when you engage with them and just acknowledge mentally that they bring a unique quality all of their own to the world you live in - send them silent gratitude. Then, just observe the ripple effects ...*

... Enjoy!

Best wishes,  
Karina

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## spotlight on values...

by Mags Bell

It's so appropriate that I'm writing this article for you on a trip to Singapore. It is such a culturally diverse country, with influences from all over Asia - Malaysia, China, India, Singapore itself as well as the UK, Australia and the US as well as all the other people who live and work here from all over the world... and yet it works!

You see it's all about appreciating that we are all different even those of us from the same cultural background. Understanding that no one person has had the same experiences, so how can we possibly know what anyone else sees, hears and feels?

This last point was driven home to me ten years ago when my father lay dying and his three daughters - of which I was one - and his wife sat at his bedside going through our own separate emotions. As he drew his last breath we all reacted differently, which was a shock to me as we shared the same dad, so doesn't that mean the same emotions? Yes the main big ones of sadness and loss but even these we experience to different degrees due to our very own personal experiences. What I hadn't appreciated was that we all had very different experiences, even if they had been shared; we are all very different human beings. We can never fully or truly understand what anyone feels or is going through, as we have not lived their life experiences. We can however empathise with them based on our own experiences, as long as we respectfully accept that we don't actually know what they see, hear or feel.

When we talk about Diversity we usually refer to; variety, mixture, range or

## new member update...

We are delighted to welcome the following New Member to High Ideals:

- Jill Malleck, Ontario, Canada

## notable special offers...

If you are a promotional member who would like to offer your services at reduced rates or special value to members, please make sure you enter your special offer details on your home page log-in.

If you would like to see what special offers currently are available to High Ideals Members, don't forget to check out all the [special offers](#).

## events on the horizon...

**Thursday, August 20th** - Melbourne gathering.  
CQ Bar, 113 Queen Street Melbourne  
From 6.30pm till 9pm  
Guests welcome!  
Email [info@high-ideals.com](mailto:info@high-ideals.com) to register.

## general notices...

Please remember to update your business cards and CVs to reflect your membership with High Ideals.

You can download the High Ideals Founding Member emblem from the 'Members Only' section of the website.

assortment. In a people context it's about differences in:

- Skin, hair, eye colour
- Body, faces and limb size
- Language, cultural and religious varieties
- Skills, learning and belief mixtures
- Age, gender and sexual orientation

This is not an exhaustive list just a number of things that conjure up in our minds when we think about the word diversity in human terms.

Miscommunication has been studied and shown to be the main issue in most workplaces and social interactions, which is due to the point made above; where no two individuals ever experience events in exactly the same way. When was the last time someone said to you - or you said to someone else - "I know how you feel, I had that happen to me..." It should be all about the other person not about us. They usually just want to talk... let them. Listening is the key to any great communication.

With that in mind: how do we then Celebrate Diversity?

Celebration is all about being joyous and festive. Diversity is about differences and variety.

The answer is very easy - enjoy and have fun learning about everyone we meet and have interactions with, rather than it being a competition about who knows best or the most.

When we listen and learn we are able to empathise much more effectively and others receive great benefit. We in turn receive new perspectives and learning as well as a deep joyous feeling... what more could you ask for?

That's what's so great about Celebrating Diversity!

Check out the resource document in the 'Members Only' section of the website if you want to spend a little more time reflecting on how you can celebrate diversity.

### **making a global & environmental impact...** a note from our G&E Manager, Gary Scholz

I loved the website and video which Annie Leonard has committed a big part of her life to. Check it out at: <http://www.storyofstuff.com/>.

Wow, has Annie done her homework! I'd really encourage you to explore her website and watch/share the video with others, especially with children.

Here is an extract from Annie's website.

"From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. **The Story of Stuff** is a 20-minute; fast-paced, fact-filled look at the underside of our production and consumption patterns. **The Story of Stuff** exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever."

Thank you to Kylie Mills-Coleman for passing the Story of Stuff onto me. Kylie is the Company Operations Manager and US Sales Rep of Fertile Mind Pty Ltd ([www.fertilemind.com.au/](http://www.fertilemind.com.au/)) and founder of MumsCoachTM (<http://www.mumscoach.com.au/>).

Please continue to pass on any resources that you feel we could all benefit from. I will sign off now with an encouraging quote from the Dalai Lama from his "Little Book of Wisdom", where he was asked about his view about pollution and the future of our planet...

*"Killing and the situations like Bosnia are immediately striking in our minds. Yet pollution and other environmental problems lack this kind of striking appearance. Gradually, month by month, year by year, things become worse and worse. By the time a problem becomes very obvious it may be too late. Therefore I think it is a very serious matter. I am quite encouraged that in many places people are clearly concerned, and even some political parties have been set up based on the ideology and policy of environmental protection. I think this is a very healthy development. So there is hope." (Dalai Lama)*



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