

Exciting News:

Business Seminar: The times ... they are a changing!

March 22 11:00 am—2:00 pm

NSCC- Kingstec Campus, Kentville

Complimentary Lunch Provided

To register for this free seminar RSVP by March 8 to: marianne@kingsced.ns.ca

Spaced is limited so please register early.

In today's workplace, especially in rural Nova Scotia, employers face an ever increasing challenge of attracting and maintaining youth as employees. A key issue is the lack of understanding of the motivational influences and factors that engage youth. Past strategies are simply no longer effective. An innovative approach is necessary for business owners/managers to overcome these generational barriers. Learn about the factors that affect youth by attending a free business seminar. The goal of this session is to narrow the gap of understanding between employers and youth employees regarding the changing climate of workplace expectations and behaviour.

King Innovation Council Events:

Innovation Workshop: Leadership Using Appreciative Intelligence

May 9, 10 & 11 2007

Ledgehill Corporate Learning Centre Inc., 7608 Hwy 201, Lawrencetown

Cost \$695.00 plus HST (Includes workshop, all meals, and accommodations.)

Limited number of spaces available so register early!

Details of workshop and registration.....[more](#)

or contact Charles Bower (cbower@ledgehill.com) or phone 1-800-676-3393

Innovation Café

March 20, 8-9 am, Just Us Coffee, Grand Pre

Speaker: Jeff and Debra Moore from Just Us Coffee

March 27, 8-9 am, ***different location for this session:*** Kentville Research Station

Speaker: John Bragg, Oxford Frozen Foods

The Innovation Café provides an excellent opportunity for people interested in innovation to come together to hear an enlightening speaker (15-20 minutes) followed by informal group discussion.

Other Interesting Events:

The Kings County Small Business Expo and Conference, March 22, is designed to bring entrepreneurs from across the county together to learn, to network and to do business. The objectives of the conference are simple: combine first class professional development with ample networking opportunities. The goal is for entrepreneurs to make a connection: with other entrepreneurs from across Kings County, and with the service providers and organizations that work for them. The Expo will be open all day and is free to attend. The Conference is a day's worth of speakers, panels and workshops giving you the tools to work smarter not harder on your way to business success. For more information: <http://kingscountybusiness.com>

Quote:

"Perception - the lens through which we view life - is at the root of how we deal with all of it. As Victor Frankl, a Holocaust survivor and author put it so eloquently; everything can be taken away from a man but one thing: the last of the human freedoms-to choose one's attitude in any given set of circumstances, to choose one's own way."

Doc Childre and Bruce Cryer, in *From Chaos to Coherence*

Interesting Website:

This 6 minute though provoking presentation is an interesting perspective of the world today.

<http://www.scottmcleod.org/didyouknow.wmv>

Feature Article:

Walking in Gratitude by Kathy Jourdain

<http://teamchrysalis.com>

Much of our stress in life comes from looking at what's not right with our life, what we don't have, what we wish we had what we yearn for but do not believe we can have or believe we have a right to have. We look at current reality and cannot see our way through to a different or better future.

It is not possible to hold these thoughts in our mind and thoughts of gratitude at the same time. In the book *The Secret*, one of the suggestions, in fact the biggest key to success is to constantly hold in your mind thoughts of gratitude.

When you get out of bed in the morning and your feet hit the floor begin with thanks for the day and all the way to the bathroom think of what you are grateful for and looking forward to. Before you drift off to sleep recall all the things that happened in the day that touched you and/or you were grateful for.

Hold thoughts in your mind that generate love, appreciation and gratitude and really step into those feelings. You will be amazed at how quickly and easily a smile comes to your face and how fabulous that makes you feel.

You can move to this state no matter where you are, what you are doing or what you are feeling in the moment. You can simply change how you feel by changing what you are thinking about. You just have to be willing to let go of feeling so bad.

Wherever you walk, walk in gratitude and notice the things that shift and change in what comes your way, how you feel and how you greet the day.