

## News:

### **The Innovation Library is up and running!**

You can borrow books, DVD's and other resource material.

Check it out!

[www.innovation101.ca](http://www.innovation101.ca)

Then go to the Library tab!

This is our first attempt so let me know if you have any suggestions or improvements.

I hope this is so busy we will need to hire a librarian!

## Quote:

Change is situational. Transition, on the other hand, is psychological. It is not those events, but rather the inner re-orientation and self-definition that you have to go through in order to incorporate any of those changes into your life. Without a transition, change is just a rearrangement of the furniture.

*-William Bridges, Transitions: Making Sense of Life's Changes*

## Interesting Website:

<http://simplystrengths.com/TromboneTrailer/>

We watched this video at the last Kings Innovation Council meeting. The full video is AWESOME!

**I have ordered it for the Innovation Library, keep checking to see when it is available to borrow!**

## Interesting Article:

### **THE THREE PHASES OF TRANSITION**

They say the only thing you can count on for sure is change and for people who like to maintain the status quo, that can be more than a little unnerving. Even when change is welcome, it is accompanied by an underlying psychological process that can often be surprisingly tumultuous. William Bridges, in his book "Transitions: Making sense of life's changes" refers to the number of people who get sick on their honeymoon to illustrate that even in happy times, the emotional effects of major life change can manifest in obvious physical ways. (The reason I remember the example is because I got sick on my own honeymoon!)

*To read more go to:*

[http://www.cassandraddunn.com.au/diary\\_of\\_a\\_life\\_coach/2007/12/the-three-phase.html](http://www.cassandraddunn.com.au/diary_of_a_life_coach/2007/12/the-three-phase.html)

*Keep innovating...*

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*"Innovation is the successful implementation of a creative idea." Kings Innovation Council*