

Book Club:

Book: "The Power of Now" is the book for next book club starting May 6.

Discussions will be framed around: "How does this apply to work?"

Much more than simple principles and platitudes, the book takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light. In the first chapter, Tolle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present.

Please sign up via email to marianne@kingsced.ns.ca and please let me know:

1. If you are interested in attending the book club starting May 6. It will run 8-10 weeks and we will discuss how to divide the chapters at the first session.
 2. If you would like me to order you a copy. The cost of the book is \$16.00.
- You can bring this to the first session, or I can invoice you.

Innovation Library: www.innovation101.ca Go to the Library tab!

Quote:

"Change your thoughts and you change the world."
— Norman Vincent Peale

Interesting Website:

<http://www.primeast.com/en/programmes/strengths-based-leadership.html>

Interesting Article: A note this time...

General Colin Powell's Rules:

1. It ain't as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.
4. It can be done!
5. Be careful what you choose. You may get it.
6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's choices. You shouldn't let someone else make yours.
8. Check small things.
9. Share credit.
10. Remain calm. Be kind.
11. Have a vision. Be demanding.

12. Don't take counsel of your fears or naysayers.
13. Perpetual optimism is a force multiplier.

Keep innovating...

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