

The Totem Telegraph—January 2010

The success of Totem Training Ltd is based on the belief that everyone is capable of making small, subtle changes in knowledge, skill and attitude. These changes consistently applied can offer great pay back for any organisation. Totem Training Ltd provides a range of solutions to clients over a variety of sectors including Food Manufacturing, Energy, Local Government, Logistics, Leisure, Accountancy and Social Housing.

If you think any of your contacts would benefit from talking to us please feel free to pass them our information.

Just a thought!

Noah was the bravest business man in history. He floated his company while the rest of the world was in liquidation.

There are a number of ways to contact a member of the Totem Team:

- mail@totemtrainingltd.co.uk
- www.totemtrainingltd.co.uk
- 01507 608795
- 07970 440976

FOR SALE:

Weight Loss
and

Motivation to Exercise
CD's now available.

£5 plus p+p

Each CD includes two
20+ minute tracks

Here's to a Positive Year!

Well, it's official the UK economy is out of recession so that should mean that many organisations & individuals should start to feel more positive about the future.

Totem Training Ltd is grateful to everyone who has engaged our services & helped us come through the recession stronger than ever. We truly appreciate it & thank you all.

As many of you will know Totem Training Ltd absolutely believe in the power of a positive mental attitude as the foundation for individual success.

On an organisational level too there are countless potential benefits to cultivating an attitude of 'positivity'. It helps to create & maintain good relationships, a 'can do' attitude is creative and productive, it inspires others, it's motiva-

tional, it can create a calming influence on others & can help boost self esteem & confidence.

To help develop a more positive workplace attitude why not be radical and establish a 'No Whining Policy'? Or make a special effort to spread good news through the organisation by more publicly celebrating successes, highlighting achievements and even recognising birthdays. In terms of motivation the small things, as we know, mean a great deal to people.

Could you display motivational posters, establish a resource library of positive focused magazines, books, CD's and DVD's? These need not cost a fortune but could repay the investment a thousand times over.

Why not encourage colleagues in team meetings to focus on the positive aspects of their

roles, as everyone is tasked to come up with 3 positive aspects from that that day or week. For example: 3 things that they are grateful for; 3 things that have happened; 3 colleagues that helped them; 3 reasons they enjoy working for you, and so on.

The way we think really can have a massive impact and nature provides a wonderful example in the humble bumble bee. So, whenever you're tasked with an 'impossible' job, just remind yourself that according to aeronautical specifications a bumble bee can't fly. Its body is too big, its wings are too small and it has insufficient muscle. The thing is no one has told the bee! So, why not think more like the bumble bee in 2010? Treat problems like opportunities and who knows what might be possible.

Here's to your success!

The Funny Bit...

The Spanish Computer: A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine.

'House' for instance is feminine: "la casa".

'Pencil', however is masculine: "el lápiz".

A student asked what gender a 'computer' was.

Instead of giving the answer the teacher split the class into groups, male and fe-

male, and asked them to decide for themselves and to give four reasons for it's recommendation.

The male group decided that the 'computer' should definitely be of the feminine gender ("la ordenadora"), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incom-

prehensible to everyone else;

3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your wages on accessories for it.

The female group, however, concluded that computers should be masculine ("el ordenador"), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are suppose to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.