



Issue 2: January 2009

Compendium Update



Happy New Year!

With the holiday season now behind us, it's back to work for most people, and time to struggle through the inclement weather on the journey to and from work. Not only that, but with the current gloomy economic climate, things can seem quite tough for all of us, and for the colleagues around us. So what can I say to cheer you? Well, there's no magic formula (unfortunately) and I've run out of fairy dust to sprinkle on you allbut here's a mixed bag of sayings which might raise a smile and/or make you think!

Best wishes to everyone, **Alex Kendall, Director, Compendium Learning Ltd**

- ✚ *'Eat less, taste more' (old Chinese proverb) - just in case you're on a post-festive season diet.*
- ✚ *There are three sorts of people in the world, those who can count and those who can't.*
- ✚ *To do is to be - Descartes; To be is to do - Voltaire; Do be do be do - Sinatra.*
- ✚ *To the optimist, the glass is half full. To the pessimist, the glass is half empty. To the project manager, the glass is twice as big as it needs to be.*
- ✚ *Life is not about how fast you run, or how high you climb, but how well you bounce.*
- ✚ *It's the kind of organization where the lunatic fringe extends right to the centre.*
- ✚ *If you think you're too small to have an impact, try going to bed with a mosquito in the room.*

Compendium News 1: Disaaaaastrous, Daaaaarling????

I was delighted, towards the end of 2008, to be invited by one of my clients, to act as a judge for a series of Business Awards for leisure, lifestyle and tourism organizations within Coventry and Warwickshire.

This was my second year as a judge, and it was a pleasure, a responsibility and a challenge! Being a Strictly Come Dancing devotee (and I am sure that many of you are fans, too) I have watched week by week as the judges encourage, criticize, destroy or drool over the celebrity contestants, each in their own unique way. As I am a natural reflector (as many of you will know!), I wondered which of the judges on the famous TV show that I was most like..... Well, which do you think????? Answers on a postcard - or an

email - and I'll print the printable ones in the next Newsletter.

Back to the Business Awards.... The panel took its job very seriously and we were all keen to recognize the hard work undertaken by the shortlisted candidates to make their businesses successful, often under difficult circumstances. It was an honour to be present at the Belgrade Theatre, Coventry, when the awards were presented, and to be able to join in the party atmosphere afterwards!

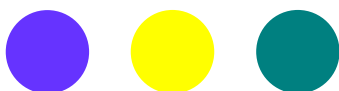
In this issue:

Strictly Come Judging?

Alzheimer's Society

Mozart makes you fit!

New Compendium download



'If we live to over 65, one in three of us will die with dementia.'

(Neil Hunt, Chief Executive, Alzheimer's Society)



Compendium News 2: Proud to announce a new client..... The Alzheimer's Society

Compendium is proud to announce that we are now working with the Alzheimer's Society, which is the UK's leading care and research charity for people with dementia and those who care for them. There are 700,000 people with dementia in the UK with numbers set to rise to one million by 2025.

Alzheimer's Society works to improve the quality of life of people affected by dementia in England, Wales and N.Ireland. Many of the 25,000 members have personal experience of dementia, as carers, health professionals or people with dementia themselves.

The Society's fight for a better world for people with dementia takes a wide range of forms, and touches the lives of over 30,000 people every week, providing practical services and support for people with dementia and their carers.

It is likely that some of you are affected in some way by dementia, perhaps as carers, or maybe by knowing someone with dementia. You will know how physically and emotionally demanding it can be. I have had contact with dementia at various stages in my working life, but most recently, my father had dementia towards the end of his life.

Therefore, I am proud to be able to make a professional link with Alzheimer's Society and to support management and team development within the Society.

In addition, Compendium makes an annual donation to the Alzheimer's Society in lieu of Christmas cards and postage.

For more information and/or to make a donation, go to www.alzheimers.org.uk

Interesting Stuff!! Did you know....



Wolfgang Amadeus
Mozart 1756-91.

Some of you will have heard me talking about the benefits of listening to music by Mozart - for helping you to learn and also to help you to relax. Some of you even have the CDs and have tried it and know that it seems to work!

There's more! A recent newspaper article states that a patient with severe epilepsy had made a remarkable

improvement as a result of listening to Mozart for 45 minutes a day. Research is progressing into exactly how Mozart benefits the brain, but it does seem to add weight to the 'Mozart connection'. So try some Mozart when you need to work, learn or relax!

Stretch your Brain Competition Winner

The winner was Shirley Jones, who wins a half day coaching session. Well done, Shirley!

Stop Press!!!!!!!!!!!!!!

New Compendium download available from the website www.compendiumlearning.com
'Coaching - the answer to all your prayers?' Go on - have a look - it's free to download!!!!!!