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Open for Business
**Introducing
 The Regis Social Media
 Blog**

*by Richard Earle
 Regis Group Affiliate*

*Like almost every aspect of
 Social Media, the Blog is only
 about ten years old.*

The term “weblogging” is attributed by that online source of just about everything, Wikipedia, to bearded esoteric web pioneer Jorn Barger, but it took Twitter founder Evan Williams to shorten it to “Blog” and turn it into a verb in 1999. Since then, it has had an almost unbelievable explosion in use.

In December 2007, Blog search engine Technorati was tracking more than 112,000,000 Blogs.

Updated & Current

The Regis Group website is pleased to join that long list this month, with a Blog that we hope to keep updated and current with news about long-range planning, conflict resolution, decision support, assessment, facilitation, branding, and cause

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Coaching Secret #10
Forgive and Forget

*by David Basch
 Regis Group Affiliate and Professional
 Certified Coach (PCC)*

*All the major spiritual practices in
 the world provide an opportunity for
 one to atone for their sins. We bow
 down before our respective maker
 and ask for forgiveness.*

Have you ever thought about the impact of forgiveness, or the lack of it, in your life and on those around you? We all have heard the old saying about “forgive and forget,” but I ask you to really consider its intent and relevance to your own health and vitality. Usually, when we think about forgiving we believe it’s about giving up resentment towards someone else; forgetting old remembrances of hurts imposed by another. Many people carry around these negative memories towards significant people in their lives such as their parents, ex-spouses, old friends, you name it. The dictionary defines forgiving as: “*to give up resentment of or claim to requital.*” In other words, you don’t get to “pay back.”

A Lifetime of Resentment

But, rather than forgetting and forgiving, we often prefer to hold on to these resentments, sometimes for a lifetime, in hopes that someday,



Marc Chinoy

President's Letter
**The Regis Social
 Media Blog - Old
 Songs Sung New
 Ways**

The ancient Greeks made a high art of both public meetings and the public forum, building timeless architectural structures and introducing working methods that stand to this day.

Reduced Agora

Now, through the internet, we see the Athens' Agora reduced to the size of a laptop screen and expanded to thread throughout the world. With the start of the Regis Blog, we find ourselves both pleased and humbled...pleased to be creating an open market for expandable concepts, while at the

marketing, the areas in which we consult.

Branding & Cause Marketing Posts

Our first two posts relate to a terrific campaign for the Rhode Island Community Food Bank by Providence ad Agency *Nail* which is an example of the best aspects of branding and cause marketing.

Embedded Video

As you will see from the Food Bank posts, the Blog site accepts embedded videos from YouTube, so you can have a full multi-media experience.

The blog can be easily accessed by clicking on the link under "New from Regis" on [our Home Page](#).

Please let us hear from you

But the main "plus" of our Blog is that it gives us an entry point for a dialogue with you.

Please post your questions, suggestions, or observations on our Blog or on our Facebook Page, which, along with our Blog, will always be available on our [Social Media Page](#) on the drop-down menu under "Who We Are" on the Regis Web Site.

To Post is easy

To post a Blog comment, simply click on the word "Comment" under a Blog Post, and type it into the box that will open.

The world is interconnected in so many fascinating ways these days.

Please use this simple way to stay connected to us!

Share the Agenda with Friends on your favorite Social Media

somehow we will wreak vengeance on the accused. What we don't take into consideration is the huge emotional cost rendered in holding on to these old hurts. This toll can take the form of stunted growth, constrained relationships, and a loss of strength and vitality. I get an image of a little kid holding their breath in a rage. Now imagine doing that for 20 years or so.

Forgiving Yourself

Holding on like that is unfortunate, but the kind of forgiving that is most important and of even greater impact on your life is the forgiving to yourself. Think back to some ignorant or wrongful act you may have committed in the past and ask yourself if you have completely and totally forgiven yourself. Have you given forgiveness to yourself for not always keeping your word? For not quite being good enough to make the high school team? For betraying a trust in a time of weakness? Life presents an endless stream of opportunities to make mistakes and then to make ourselves wrong for doing so. If you think about it, the impact of the make-wrong lasts a lot longer than the act itself.

Chances are, you haven't completely forgiven yourself

I mean completely. Whatever happened is done. So the question is; who are you paying back? In essence you are holding a grudge against yourself. Here is an opportunity to give it all up. Give it up now. You and only you have the power to choose to relinquish the hold that not forgiving yourself has on you. Give up the resentment, the indignant ill will, the holding of your breath just waiting for that triumphal fall of your enemy. Pogo said it best - we have met the enemy and he is us. The falling one is looking at you in the mirror.

Coaching Tip #10:

Stand in front of a mirror and tell yourself exactly what you are angry with, what resentment or disappointment you are holding on

same time humbled at the reality of the range of e-Agora's already in existence.

An Inevitable Step

This step, like many proper planning movements, feels inevitable and invites a challenge that something "new" occurs as a result.... a new approach, a new concept, or a set of new relationships from afar. So here is to the as yet "unseen" and "unheard" visitors to our new interactive forum.

Journey well...

Marc



BizSpeak: "Deep Six"

Definition:

- (1) To see to it that an idea is never again considered.
- (2) To assure that an individual is overlooked for everything.

Related Terms:

Scrub, Ditch, Drop, Permanently Lose, Disintegrate, Vaporize

How it Sounds:

"The whole notion of in some way reusing copy paper was considered to open the Pandora's Box

Thanks to our friends at Emma (the distributor of this newsletter), you can now share this edition with your friends at Facebook or Twitter or LinkedIn.

See something here you think a friend or colleague would like? Simply click on the appropriate tab at the upper right hand corner of this page, and follow your Social Network's normal procedure for a post. It's that easy!

to. Say it out loud. Any self recriminations and resentments, old baggage, whatever it is, is clogging up the machinery. Ask yourself for forgiveness. Think how you would respond to another's request of you for forgiveness? Most likely, you would graciously accept their apology and move on. Give yourself no less. Once you forgive yourself a whole new world of opportunity will open up to you. I ask you to forgive yourself now so that you can go on with the real work of giving more of yourself to you, to others... to the world.

of confidentiality was given a permanent DEEP SIX by the CEO.””

For More BizSpeak, check out the Book. [Click here.](#)

Focus on the Future

Guest Predictions: Dr. Fernando Figueroa

Guest Predictions is a regular feature in which we ask leaders in a number of professions questions that affect us all.

Dr. Fernando Figueroa is the Provost/Vice President of Instruction for Del Mar College in Corpus Christi, Texas. Dr. Figueroa is a proud New Orleans Native and earned his Doctorate in Medieval English Literature from Louisiana State University in 1993. He spent 19 years in the classroom at both universities and community colleges prior to entering the ranks of administration in 2005 as the Dean of Arts and Letters for Morton College in Cicero, Illinois.

A study in contrasts, Fernando is an avid fountain pen collector and smart-phone user.

He counts among his greatest teachers his watercolorist wife Debbie and his two sons.



Fernando
Figueroa

Q: What changes in your professional environment in the past 3-5 years have you found to be the most beneficial?

A: Access, pure and simple. Well, maybe not that simple. The quantum level explosion of information from a growing number of sources (mostly free) has broken our society loose from the ivory tower. We must reflect now on how we design our enterprise. For me and many in the profession, this “paradigm-quake” airs out age-old structures, giving us a chance to create anew and act more like artists than managers of information delivery systems.

Q: What changes have been the most troubling to you?

A: Access, pure and simple. With the explosion of information out there, education no longer has the cache' it once did. This rapid shift (via the internet and smart-phones) has torn the walls down and redefined what we mean by "college." As a result, information is now perceived by many as only one click away. Instead of having to remember anything, we leave it to our smart-phones or laptops to hold the info until we need it. To be relevant, higher education must promote the value of learning as never before.

Q: How will globalization affect your professional area in the near term?

A: No walls. For us or them. Higher education has had the luxury in its history to see itself in competition only with like institutions. The terrain is absolutely wild now. China and India are the new competitors, creating more graduates by the year. U.S. graduates must think of creativity and design as essential to their personal and professional lives. This focus on design is the next great frontier of education. And we ignore it at our peril.

Q: What significant challenges might be anticipated in your professional area in the next few years?

A: We need to prove by example that education does prepare us to face the never before seen. If we who eat and breathe education cannot adapt and thrive, then how can those who entrust their minds and money to us gain confidence that "education" matters or is of value in a world of constant creative self-destruction.

Q: What are the greatest challenges confronting young professionals in Western culture today?

A: No clue. Actually, there are whispers in the dark; but the whole point is that the breadcrumbs are gone and the forest is thick and difficult to navigate. That's the rough news. The good news is that there are no wrong responses to this environment. Those who love to harness the wild energies at hand will live to create and design and fail and create again. The rest of the population will work for those hair-on-fire folks.

To read Dr. Figueroa's extended interview, please visit the Agenda Interviews [on our website.](#)

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