



edition: #39

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In this edition:

- Do Less! Be More!
- Total Recall & What it will be like to be human in 2020-Microsoft Gurus Weigh in
- "The Happiest Place on the Planet" hosts the Greatest Thinking on Earth!

Do Less! Be More!



As I continue my 50 x 50 Journey and prepare for my "Living Technology Free Living" i.e. a week without phone or internet in Costa Rica's most isolated rainforest, it occurred to me, how much I've been missing lately.

I've missed the pure bliss and of doing absolutely nothing for a day. I laughed at the irony that it took a 50 x 50 "To Do" list to get me to Do Less and hopefully, Be More!

Flash forward last week to Louisville, Kentucky, where I had the opportunity to observe the science of Bourbon Tasting in the Historic Galt House. Let me paint a picture and a riddle for our readers:



5 Distinguished Southern Gentlemen enter the Old World Charm of the Jockey Silk's Bourbon Bar, where bourbon tasting is a practiced art form. One gentleman tells the seasonal bartender that "this was their 5th and final stop on Louisville's infamous bourbon tasting trail and next time they should take the 5 versus the 3 hour Bourbon Trail!

Then nothing but silence for 45 minutes. I hear no convivial conversation amidst the 5 men in the Old World Bourbon Bar talking about important issues of the day. The question is why is there no talking? While you might guess the boys had one too many bourbons and might well be right, the answer is, "They were silent because they were all texting!!"

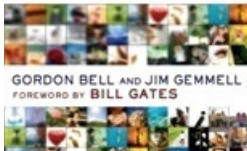
There you go... my image of southern civility, charm and conversation forever altered. 'Down the Hatch' as they say in a tide of texting.

It is with regret that I see people texting verses talking to each other and being present in the moment, whether in an elite watering hole, a business meeting or a family all texting at the local Pizza Hut. The impact of technology both on our communication skills and our creativity still an unknown. Newsweek recently published an Article "Creativity Crisis in America -- Is the United States losing its edge?" reporting for the first time a decline in creativity in U.S. school children. Whether the root cause be linked to technology and/or the standardized tests, the article serves as an excellent wake up call to pay attention! ([Article Link](#))

As we contemplate the coming great technological advancements (See the next article on Total Recall) it is with hope that we always have the wisdom to "Do Less and Be More" and yes that mean's spending more time with people than machines.

So Wish me luck on my 5 Days Technology Free in the rainforest this week when I leave my MAC at home and just Say No to Tweets, Facebook, Blogs and even the Telephone. Better yet, Try your own Technology Free Day or Your Special Day to Simply Do Nothing!

Total Recall & What it will be like to be human in 2020



Pick up this book if you want to shake hands with the future and envision how "Machines and Man co-mingle in 2020" according to the Microsoft Gurus. Three streams of technology are coming together as we speak, so brace yourself for...



- **Your E-Memory** Yes, if you choose "Total Recall" in 2020, everything you see, hear, write and even feel (heart-rate, body temperature, blood sugar, anxiety, arousal) can be recovered in your personal health file.
- **Do you feel some days like you're losing your mind and your memory?** Well Don't Worry! You'll have the ability to recover particular events, names, facts and words by sifting and sorting through your digital memory as easily as you now search in Google.
- **"My Computer Says You're not Good for My Health!"** Just as you can now track your calories on Live Strong, in 2020, you'll be able to uncover patterns in your life such as work habits, spending and emotional responses around certain people- "Ah, the questions is once we track those trends and emotions and what do we do about it?"
- **"Do you like my Fashionable I Memory?"** Recording of your Total Recall will be effortless and the technology already exists for tiny unobtrusive cameras which will be worn in buttons, eyeglasses (embedded in the frames) and tools like smart phones and pens that you use in your environment.

Innovation, Revolutionary, Mind Blowing & Frightening? "Total Recall" is a great book written by those on the front-line of technology and serves as a coming attractions Movie Trailer for 2020.



- Re-Invent Your Business & Life
- Re-Energize your Mind, Body & Spirit
- Receive Training & Certification in NBI™ Whole Brain Thinking & 2020 Leadership from a world renowned faculty of Authors & Experts in Leadership, Creativity & Wellness
- Renew & Restore in a Rainforest Retreat and Learning Vacation of a Lifetime as Costa Rica, "The Happiest Place on the Planet" hosts the Greatest Thinking on Earth

✓ **January 18, 2011:** Attend an International Symposium of Best Practices in Leadership, Innovation and Customer Care at the Hotel InterContinental delivered by an Worldwide Faculty of Authors and Business Leaders. "2020 Vision : Seeing the Future First". The Happiest Place on the Planet the Greatest Thinking and Best Practices on Earth. Program to be delivered in English and Spanish.

✓ **January 18th - 20th, 2010:** Receive Training & Certification as an NBI® Whole Brain Thinking Practitioner and Coach in a 3 day intensive training session delivered by the Solutions Finding Team from South Africa. Upon completion of certification, you will be licensed for your organization as an NBI® practitioner to deliver and provide on-line executive, personal and team coaching via revolutionary whole brain instruments. These instruments serve as a pivotal foundation coaching tool for performance improvement in Leadership, Communication, Consultative Selling and Exceptional Customer Care. NBI® is also used for strategic recruitment by HR Managers, by Marketing Managers in developing brand and advertising positioning and by Educators and Students in Career guidance.

✓ **January 22nd - 29th, 2011 Creativity & Leadership Retreat** Imagine escaping to Costa Rica's lush, Tropical Paradise amidst the Cold Winter chill of January. Jump-start your Business and Life goals amidst the inspired Rainforest and warm Pacific Seas. Renew & Restore in a Creative Learning Safari of a Lifetime! During this 7 day all inclusive deluxe learning vacation and retreat, you will explore Costa Rica's Rainforest, Volcanoes and Gifts from the Sea. Attend Daily workshops and receive Private Coaching from our Expert Faculty in Business Ideation, Marketing and Brand Strategy, Health, Wellness, Stress Management and Creative Arts. Perhaps most importantly, this is your week to rest, restore and rediscover the nature of your inspiration.

Perhaps most importantly, this is your week to rest, restore and rediscover the nature of your inspiration with plenty of quiet time for you and a flexible curriculum option.

A Note for Business Education and English Immersion Study:

*Costa Rica qualifies as a U.S. tax-deductible location for business and education and our programs, which include certification in Now to WOW!™ 'personal Leadership' have qualified for tuition reimbursement. The January 2011 7 Day Learning Retreat in Costa Rica is hosted in English, by an International Faculty from the UK, North America, Central America, China and South Africa and provides an ideal "Business English Intensive Immersion for High Potential Leadership Performers. During the 7 Day retreat, business participants will dramatically improve English conversation competency while increasing their Creative, Marketing and Leadership Skills

Space for all 3 events is limited. Register today!

www.retreatscostarica.com/jan2011retreat.htm

Meet our Costa Rica January 2011 Creativity & Leadership Mastermind Faculty and look for information and articles about our speakers and sponsors including "La Republica" -- Costa Rica's Daily Business News Journal.

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Visit our website at www.retreatscostarica.com/creativity-retreat.htm

Our Mission at Now to WOW™ Learning Adventures: The design and delivery of world-class training and coaching that touches the hearts, minds, and souls of the organization and human condition. We do this through Workshops, Training, Retreats and On-Site Business Consultations in Creativity, Leadership, Customer Service and Team Building and Certified Professional and Relationship Coaching using NBI® Whole Brain Science and Assessments.

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