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[MUSIC] Hi everybody, thanks for having me. My name is Nick Kittle, I'm a government performance and innovation coach. I've written the book Sustain Innovation about how to build sustainable innovation into government. But I've also spent time working in Fortune 100 companies as well as starting my own businesses. So I've spent a long time working in the innovation space, and I want to tell you what I know about working in innovation. Innovation at its simplest form is about three things. First, flex. How can we bend the rules of an idea to make it brand new for how we operate? Fuse. How can we take two very different ideas and put them together in brand new or unique ways? And fracture. How can we take an idea and break it into its parts so that we can do something entirely different with how we operate? Between those three things, flex, fuse, and fracture, we have the building blocks for great innovation. Thanks for joining me today.