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Somewhere Between Sigh and Cry

87% of employees spent the vast majority of the day somewhere between sigh and cry.

-Jonathan Fields

FEAR IS REAL



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SHIFT GEARS

How we think and talk shifts the way we feel about things.

Our reaction and response creates our reality.





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Define Your Zone



THIS IS NOT MY RESPONSIBILITY

Other people's words

Other people's ideas

THIS IS MY RESPONSIBILITY

Other people's mistakes

My words, my behavior, my actions, my efforts, my mistakes, my ideas, and the consequences of my actions.

Other people's beliefs

Other people's actions,

The consequences of other people's actions



"Conquer yourself and the world lies at your feet." – St. Augustine



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Successful Shifts for Personal Success



ellis PARTNERS IN MANAGEMENT SOLUTIONS Examine your environment Change your language Adjust your mindset and act "as if" Learn and apply Surround yourself with people that match your mindset Create new habits to support your change Celebrate small wins





Strategies than Strengthen your Mental Muscle



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- Replace BLUE thoughts with true thoughts.
- Change the channel
- Stay in the present
- Cut yourself some slack
- What would you tell your best friend
- Express gratitude...







Getting to the Cart of the Matter

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Heart

Handle all matters with care. Engage stakeholders in the process. Act self-employed but be a team player. Respond promptly and professionally. Thank people often!

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou



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THANK YOU

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> September 10, 2020 1:00pm – 1:30 pm CST

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