

Tips & Tricks - your Starter pack part one – 1 - 5

1. Will it make the boat go faster?

<https://www.youtube.com/watch?v=VITfbGemGcM> 3.45 minutes of pure Olympic gold top tip from the 2000 UK rowing team

2. Being appreciative, expressing gratitude, letting people know how much you value them

Make your team, your colleagues, your clients, your stakeholders feel fabulous by using these starters to what you say:

1. I appreciate
 2. I really like
 3. I applaud
 4. I acknowledge the value in
- Practice maybe saying each of these 4 starters about yourself to you in a mirror.
 - Practice for each of your team, your colleagues, your clients making a list for each of them using between 1 and 4 of the starters
 - Practice slipping one in every so often
 - Practice practice practice

To begin with it will feel clunky. Gradually it will become part of who you are

To begin with it might be a challenge to find anything for any of the 4 starters. Gradually you will begin to see what previously your lens was too clouded to get even a glimmer of.

To begin with people might find it odd especially if you have been parsimonious with your acknowledgements.

Gradually they will enjoy having their good things noticed. Gradually this process will spread exponentially. Gradually you will not be startled by people using the 4 starters to you

3. At the end of a meeting, conversation, the day ask yourself this:

- Did I do my best to be happy, find meeting, build the relationship, be fully engaged? If not, what might have made the difference? What are the learning points for you?
- How do I choose? How do I step into my choice?
- How do I want to experience this? What do I need to allow?

4. The famous YES BUT

When you hear yes BUT or I agree **BUT** that definitely means I don't agree with anything you have said as my idea/solutions/ contribution is much better *[tip given by Halina at London Library workshop]*.

A better approach is - **YES AND** builds a bridge and builds on what has been said.

5. WORDS: innocent or guilty? How often do you hear or say 'that's not what I meant'?

- Can words ever be innocent?
- Who would defend them?
- How to defend them?
- What incites the charge of guilt?

The only time maybe WORDS could be innocent is when they are in a dictionary, thesaurus actual or digital. The moment we find a word / words in our mind and decide to use it / them we imbue it / them with meaning the guilty verdict slides down the slippery slope. As our mouths open to let the word / words loose we cause havoc.

How we say it/them. The inflection. The non-verbals. Body language. Let alone how they are received. Chaos.

Check out the Supercharged Strategies, those Thought-provoking Questions, the Tools & Techniques.