

Awareness – What Impact you have on others

Full of sound tips to help you become more aware of how you can improve your success, performance, resilience, 'get noticed' factor and anything else that will help you find success and fulfillment at work (and by the way, home!). A reminder of things we know but had forgotten!

Most of us wander around in a daze of unconsciousness! Our eyes are open but our brains are not registering what is really happening in our world and how we are shaping it!

What would your world be like if you were really aware of what your contribution was to every situation you find yourself in? For example, when I speak at conferences, I say that all communication is in loops.

What you do, affects the other person, which in turn affects you and so on. We all want the OTHER person to change don't we? But there is little – read NO – likelihood of that happening – they will not change just because we want them to! Think of your most challenging colleague changing what irritates you just because you want them to! I don't think so!

So what we must do is be aware of our side of the equation, our responsibility, what we can actually work on – and change it. If we change, *they* change in response!

As of today, become aware of YOUR contribution to every situation you find yourself in. And then take responsibility to make changes and watch with wonder what unfolds!

Ask yourself these questions – then act on the answers!

- What is my contribution to the tension between us?
- How do I affect others at work? Is it a positive impact or do I appear to be surrounded by pessimists who are useless? (In this case, look in a mirror for more insight into why you are surrounded by these people!)
- Am I seen as dynamic and enthusiastic and engaged? (ask others if you don't know!)
- What can I do to improve my attitude? My skills? My perceptions of what is happening?
- What can I do to be a more valuable contributor to the team?
- How can I help others succeed?

WAKE UP AND WIN! The more you try to help others succeed, the more YOU are likely to succeed. With ease and grace.

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