Making the 1% difference

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The Curse of The Strong

- Moral Strength
- Reliable
- Strong Sense of Responsibility
- Diligent
- Strong Conscience
- A tendency to focus on needs of othere before ones own
- Sensitive
- Vulnerable to criticism
- Self esteem is dependent on the evaluation of others

Glass Coffee table effect

- Every day we place weights on our table
- Being self aware helps us realise when we take on too many weights
- If we ignore the signs our table will break
- This session is to help you stay strong and do what matters

Cross the line

Past / victim

Future / Accountable

Its not what happens to you

- Its what you do about it.

Don’t play the victim

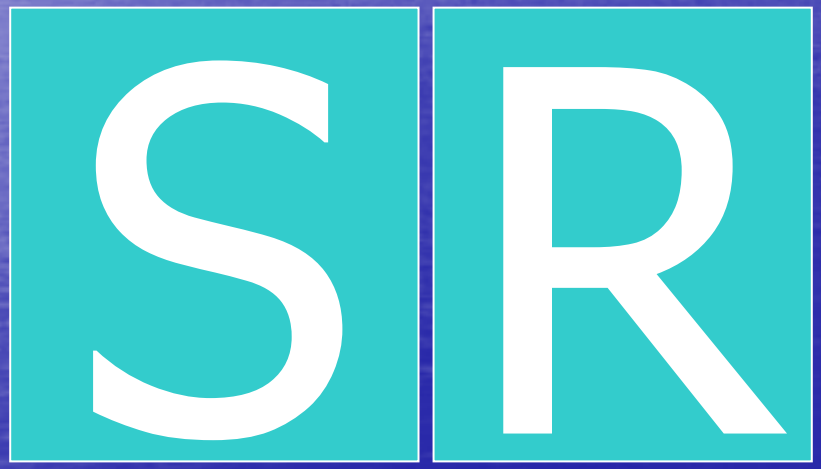
Its what you do about it

I like the phrase

Control the controllable

Its Not what happens to you!

- Reactive/ victim



Its Not what happens to you!

- Proactive/ accountable

Act As If

- You become the way you act

Glimpse of Brilliance

- Build on Success
- Ask why? Not simply why not?
- Investigate success
- Find the good stuff and build on it

- Keep a GOB log

Glimpse of Brilliance

See Feel Hear

GOB

Harvard Bus Review Jan 2012

- The Value of Happiness
- Positive intelligence
- Pick one of 5 strategies and commit to doing it every day
- 1. Jot down 3 things you are grateful for
- 2. Write a positive message to someone in your support network
- 3. Exercise 10 minutes a day
- 4. Meditate for 2 minutes at your desk
- 5. Take 2 minutes to describe in a journal the most meaningful experience of the past 24 hours

Harvard Bus Review Jan 2012

- Do this for a month
- Evidence shows that engagement and mood are enhanced significantly when compared with people who did not do this.
- Even 4 months later the effects continued

Curse of the Strong/ RESILIANCE STRATEGY

- 1 OKness be OK with who you are
- 2 Perfect doesn't exist
- 3 Act as if …you become the way you act
- 4 Don't Compare
- 5 learn to fail well! just do the best you can
- 6 Self Talk be kind to you
- 7 Build a GOB log (Glimpse of Brilliance)
- 8 Avoid mood hoovers
- 9 celebrate often
- 10#149effect

Ref Tim Cantopher edited by Steve Head