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optimising potential

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Thought for the day:
Life is like ice cream – enjoy it before it melts!

How energised and motivated are you?



Hi Everyone

Well, we're firmly in 2007, 5 weeks has passed, the Christmas bills are in and all those New Years Resolutions have probably fallen by the wayside...which started me wondering.....

How energised are you? how motivated? more importantly how motivated are people in your team? So here goes some coaching hints and tips for getting yourself and others in your life energised and looking forward to the rest of 2007

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- ensure everyone knows both their role and its importance
- be loyal to your boss, your colleagues, friends and family
- treat people as friends, allies and partners
- say 'thank you' at least once a day
- show that you trust and believe in people
- if bad results occur, review you own motivation as well as others
- approach life with excitement and energy; not doing things halfway or half-heartedly
- live life as an adventure; feeling alive and activated every moment of every day
- show your interest - spend quality time with people, focus on them not just the task
- take control and deal with any conflict or stress which sap you of energy
- Beauty indeed is an inside job: How you feel about yourself from the inside determines the outcome of your life

Remember people will not commit to an uncommitted manager, so it is important you motivate yourself as well as others...consider the question 'am I committed to my objectives and my people?'

The amount of energy you put into your work will indicate your level of motivation, if you are reluctant to begin necessary tasks, unable to make decisions or prefer office politics over achievement, are all signs that you are not fully energised and motivated....so how can you expect others to be?!

Take care
Caroline

You are welcome to send coaching hints and tips to colleagues and friends; although may I ask you to forward it in its entirety, rather than "cut-and-paste"

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