



## Inducing Individual Behavioral Shifts

Carving away at the steel wall that separates us from our unlimited multidimensional Human Potential what we want to become across Work and Life spheres and zones of influence.

Tools: everyday 7practical mini-transformations to practice across Work and Life settings

## Opportune Moments

Finding the opportune moments to jostle cognitive dissonance during our daily work and life routines to maximize our individual impact to be a change and paradigm shifter.

## During formal and informal Meetings; on and off the job

### 1. Learn to distinguish Learning mode from Performance mode

Learning Mode means:

- Accept outcomes as they are, De-personalize the results
- Experimenting
- Adjusting to New Information with new Strategies

Performance Mode means:

- Focus on proving intelligence and capabilities
- Personalize Results
- Forcing outcomes to meet your bias

### 2. Shift From Time Management Mode To Energy and Emotional Intentions

Check in to see how much of the time I spend thinking about what other think of my work or me, instead of thinking of what I need to do, free up mental space to be used to focus on task at hand.

**3. Trust Meter:** Instead of saying I do not trust this person. Think which part of this person inspires my trust:

- His/Her Intentions,
- His/Her Character
- His/Her Knowledge

**4. Clarity Indicator:** Take Responsibility for Pursuing Clarity by asking for what you want and need, in a straightforward manner.



**5. Open Our Treasure Trove:** more often, stay open for longer durations

Share with transparency instead of fear; follow the three-second rule of your intuition - when you feel prompted to share, connect or interact, act in immediacy.

Can I share something out of my treasure trove; the deeply hidden dreams or talents and accomplishments we have but rarely risk to show fully, or share that hidden section of or on the internet you are working on but fear to show...

**6. Tri-level Communication:** In any interaction step away either physically or mentally: Respond to the Intentions, not the Form.

**7. Time/Space Meter :** - notice where you are in time - in the past, present or future; if outside of the present - perhaps thinking of a former experience or boss, or hoping for something in the future -, gently bring yourself back into the present and focus on the intention at hand; this will increase your focus & capacity to put your best into your work without feeling drained or tired - through this, you will become a more deliberate leader

You could prime yourself entering a work meeting staying conscious and open to lead from a full tank.

Prime to be in the learning mode instead of performance. Learning mode assumes you are already the best you can be and then you relax and enter the task with openness and curiosity inviting the learning and contributions in. Dissociate doing and being. Shift between both states during your workday and meetings.

You can apply this during a coaching session on your kids soccer field

You can use this standing in line

You can apply this when having a conversation with a friend or family or spouse

And practice to be the best you can in any situation and at work doing this

