



LIA

Successful Relations and Growth

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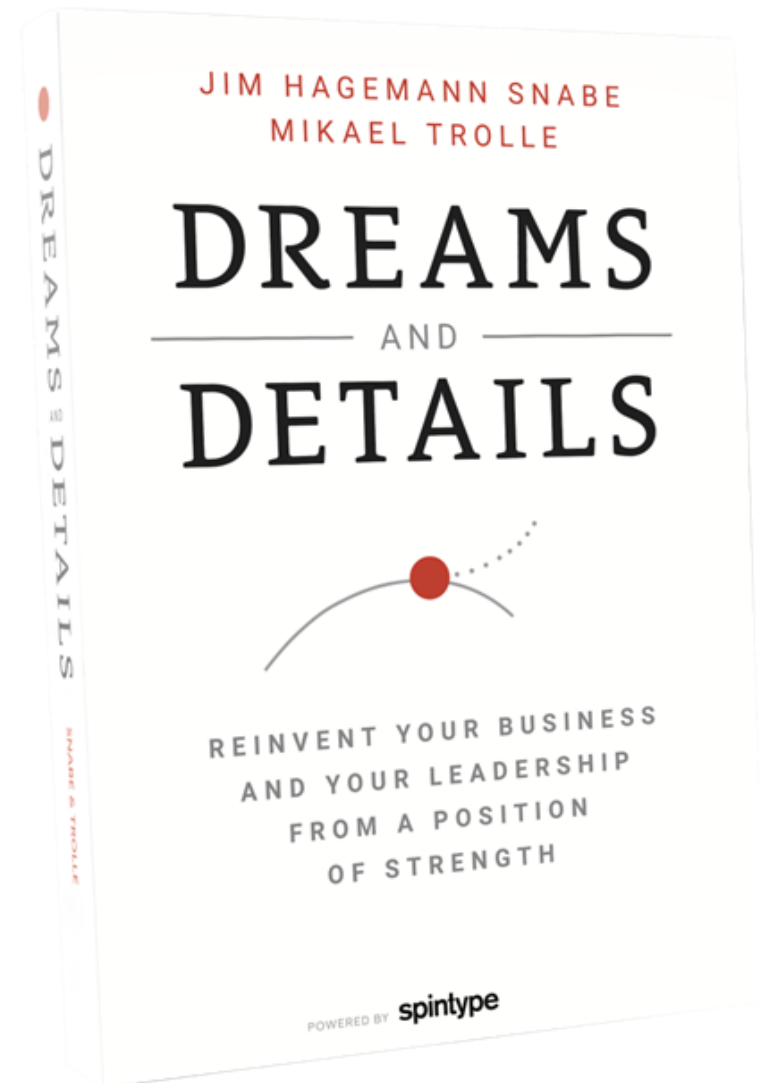
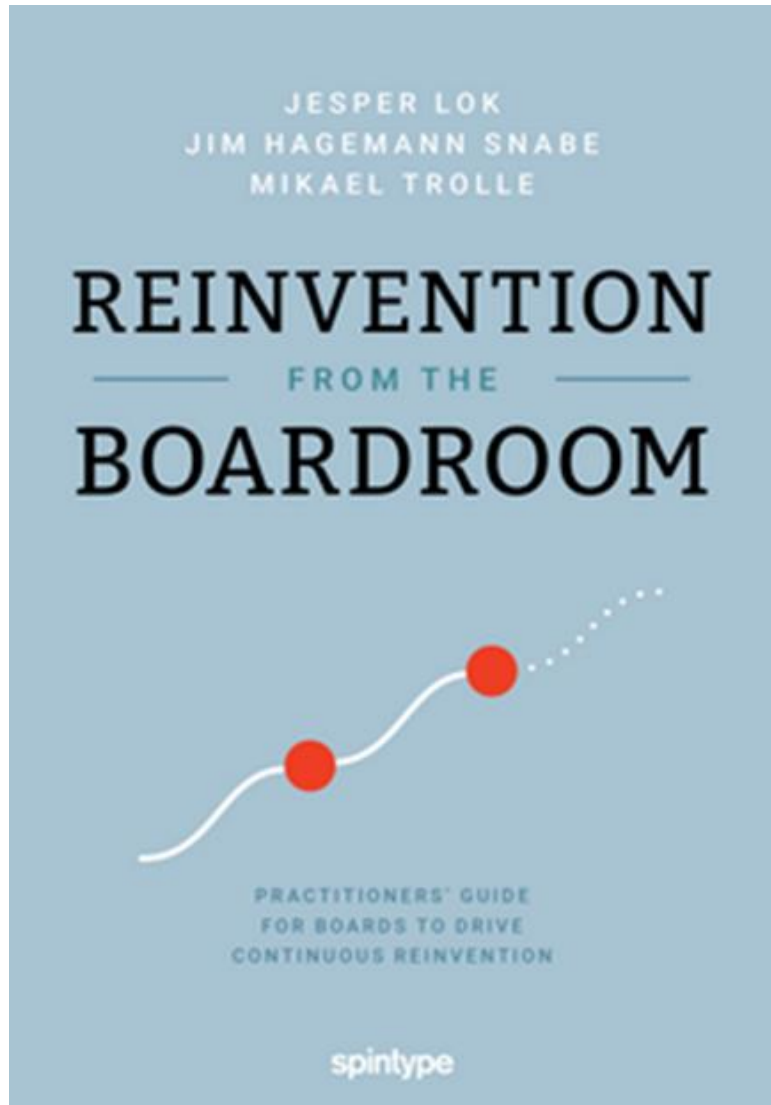
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Unleashing Human Potential

What Future Do You Want to Create?

I D O N E A



**How many engaging meetings do you attend, and
how many do you create yourself?**

Be Present



**How do you engage and
improve the performance of your people?**

We're Not Listening



- Be aware of that an average person interrupts every 17 seconds or more...
- So don't forget to really listen to each other...



Feedback



Feedback delivered appropriately improves performance

- 1. Aim to Assist**
- 2. Actionable**
- 3. Appreciate**

“Yes, but..”

Thoughts



Research Study:

- The average person had between 12,000 - 60,000 thoughts per day.

Source: The National Science Foundation

- 80% of them were negative.
- 95% of them were repetitive.

We are complaining to the wrong person!

Ask for What You Want

What often holds us back?



- Fear of rejection
- Fear of not being good enough
- Fear of...

If you don't feel the fear, then turn up the challenge!

Assumptions



Leadership

Agnes Bojaxhiu



Do You Know Your People?

Do You Like Them?

Thank You!