



Leadership | Communication | Culture | Motivational Intelligence  
Accelerating Limitless Leaders™, Teams and Organisations  
Energising Mindset, Collaboration and Culture to lift Performance

## Tips to ramp up connection to yourself and others.

Tips to self connect		Tips to connect with others
<p><b>Take the time to be self-aware</b></p> <ul style="list-style-type: none"> <li>• Notice and accept your thoughts, feelings and actions</li> <li>• Lock in a time every day to notice these and journal them</li> <li>• Invest in the time for critical thinking</li> </ul>		<p><b>Communicate</b></p> <ul style="list-style-type: none"> <li>• Set up how and when you will communicate with other</li> <li>• Be clear, open and concise</li> <li>• Listen deeply and be present</li> <li>• Mix up virtual, phone and written communication</li> </ul>
<p><b>Pay attention to your needs</b></p> <ul style="list-style-type: none"> <li>• What do you need more of that lights you up?</li> <li>• What do you need to eliminate from your life? (people and situations)</li> </ul>		<p><b>Lock in personal time with people</b></p> <ul style="list-style-type: none"> <li>• Lock in 1:1s with your team, manager and peers</li> <li>• Coach and mentor ongoing and protect time to do this</li> <li>• Pick up the phone for a quick unplanned chat</li> <li>• Connect over food (lunch) or a common interest</li> </ul>
<p><b>Self-growth</b></p> <ul style="list-style-type: none"> <li>• Try new things and jealously protect the time to do these</li> <li>• Look at new opportunities to learn and grow</li> <li>• What are you interested in and curious about?</li> </ul>		<p><b>Build rapport</b></p> <ul style="list-style-type: none"> <li>• Learn something new about those you work with</li> <li>• Find something in common with those around you</li> <li>• Take the time for small talk</li> <li>• Listen to what is not being said</li> </ul>
<p><b>Tap into your strengths and motivations</b></p> <ul style="list-style-type: none"> <li>• Remind yourself of your skills, strengths and capabilities</li> <li>• Know what lights you up and satisfy this</li> <li>• Reinforce where your strengths lie and use these</li> </ul>		<p><b>Have a curious mindset</b></p> <ul style="list-style-type: none"> <li>• Ask questions and listen</li> <li>• Pay attention and be genuine</li> <li>• Show interest in others and the value you can give (not just receive)</li> <li>• Use their name often</li> </ul>
<p><b>Self-care</b></p> <ul style="list-style-type: none"> <li>• Spend time alone</li> <li>• Journal your thoughts</li> <li>• Reflect on what you are grateful for</li> <li>• Practice mindfulness-whatever that may be for you</li> <li>• Exercise</li> </ul>		<p><b>Networking</b></p> <ul style="list-style-type: none"> <li>• Build a strategic plan to network</li> <li>• List those you could give and get value from and connect</li> <li>• Identify those you could connect with more deeply</li> <li>• Attend relevant events such as podcasts and webinars and share with others</li> </ul>