

BRING YOUR A-GAME...
TO EVERY ASPECT OF YOUR LIFE!

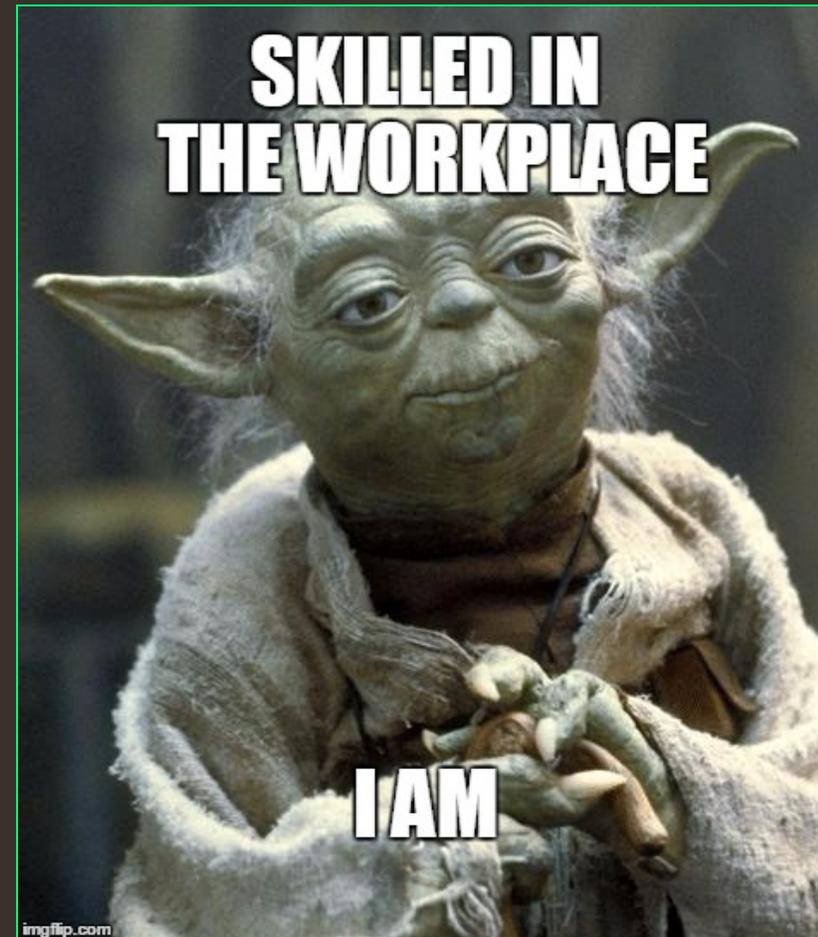
Missouri Division of Workers' Compensation

Brenda Clark Hamilton, MA Ed.

August 16, 2018

BRAGGING TIME!

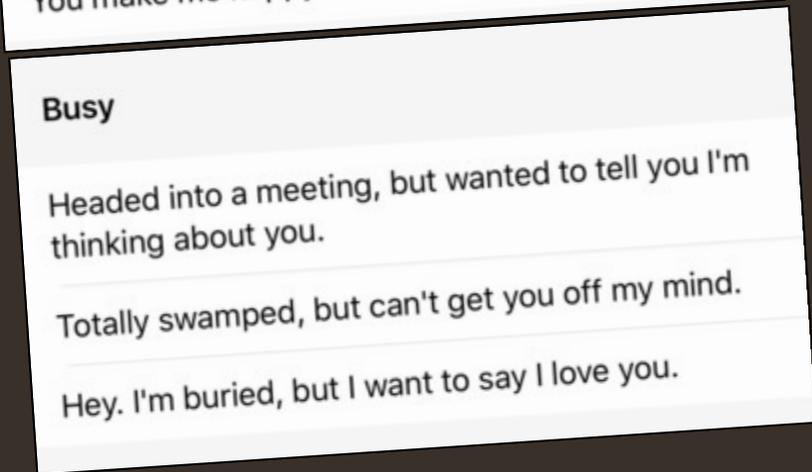
**Tell one thing
that you do
well in your
work...**



HELPFUL INFORMATION...



Introducing...
The Romantimatic
App! 



BRING YOUR A-GAME...

TO EVERY ASPECT OF YOUR LIFE!

“In everyone’s life, at one time or another, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

- Albert Schweitzer



THE “ARE YOU IN A RUT?” TEST

1. **When you are at home, do you put on the same t-shirt, sweatshirt, and baggy pants so often that it’s regarded as your ‘uniform’?**
2. **Do you break out in a cold sweat at the sound of the words, “*Network Error: There is a problem connecting to Netflix*”?**

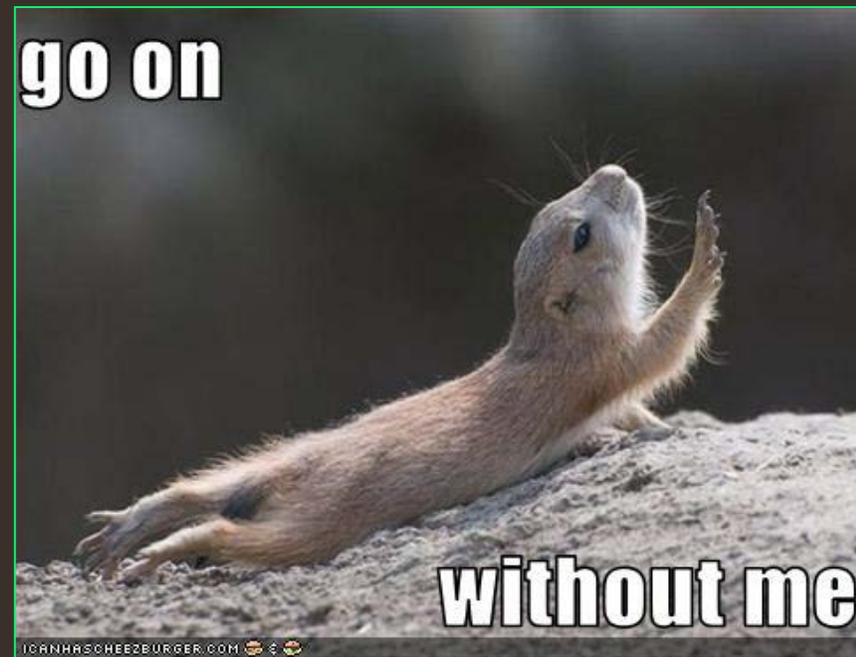


3. Is the highlight of your weekend drawing eyebrows on your dog and waiting for your friends to stop by to see it?

4. Do you ever sit idly at your desk, just pondering how annoying people are?



**Your inner
spirit might
need to be
rekindled...**



**Four Strategies to
Keep You Vibrant &
Upbeat, So That You
Bring Your A-Game...**

**To Every Aspect of
Your Life!**



STRATEGY 1: **KNOW THAT YOUR MOOD & ATTITUDE ARE CONTAGIOUS.**

- **Mood Studies** (Goleman):
 - *Three in a Circle Study*
 - Yale School of Management
- **The Daily Energy Exchange**

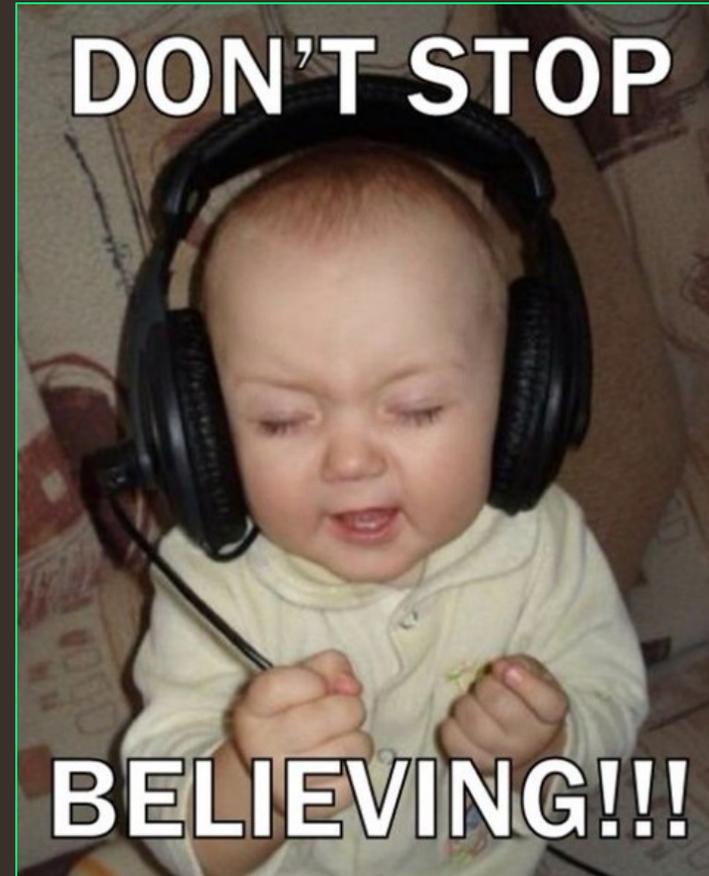


- **How do I affect the people I encounter through the course of a day?**



STRATEGY 2: **TWEAK YOUR MIND FOR SUCCESS.**

The Harvard Business
School Professor's
Don't Stop Believin'
Challenge



“Standing in front of a group of peers, students belted out the Journey song ‘**Don’t Stop Believin’**’ into a microphone. A voice recognition program on the Nintendo Wii automatically scored their performance on an accuracy scale from 1 to 100 percent, assessing volume, pitch, and note duration. They would earn a bonus for high scores.”

▪ What advice would you give?

- Before the performances, researchers randomly assigned students:
 - *Control group (no coaching/instructions)*
 - *“I am anxious” group*
 - *“I am excited” group*

▪ Would it impact their scores?



- Control group:

69% accuracy

- *I Am Anxious* group:

53% accuracy

- *I Am Excited* group:

80% accuracy

(Study by Harvard Business School's Alison Wood Brooks, in Adam Grant's *Originals: How Non-Conformists Move the World*, 2016)



REALIZE THAT SMALL TWEAKS IN THE WAY YOU THINK ABOUT THINGS CAN MAKE A SIGNIFICANT DIFFERENCE.

- Researchers showed one of two, three-minute videos to 380 managers from the United Bank of Switzerland
- The 1st group's video: The negative effects of stress (*e.g., stress-related health issues; negative impact on organs*)
- The 2nd group's video: The positive effects of stress (*e.g., can boost memory; can help the body recover from injury*)



(Shawn Achor and Yale researchers Ali Crum and Peter Salovey, as reported in *Before Happiness: The Five Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change*, 2013)

“The results of our study were highly significant. Those who had watched the video highlighting the enhancing rather than debilitating effects of stress reported a 23 percent drop in physical symptoms associated with distress (such as headaches, backaches, fatigue). What’s more, on a scale of 1 to 4, productivity assessment moved from 1.9 to 2.6—nearly a 30 percent increase.”

(Achor, in *Before Happiness*, 2013)



LITTLE TWEAKS CAN MAKE A BIG DIFFERENCE DURING STRESSFUL TIMES...



- This is going to be a disaster.
- This is a nightmare.
- I'll never get all of this done.
- Things will never get better.
- My boss is going to kill me.
- My life is over.
- I am totally screwed.

- I can get through this.
- This is not my 1st rodeo.
- I am smart, tough, and capable.
- I was made for moments like this!
- When the going gets tough,
I dig in and get stronger.
- I am a powerful Missouri
Workers' Comp. Professional...
Don't even try to mess with me!



A DAILY, IMPACTFUL TWEAK— WAKE UP AND SAY ARG!

- Anticipate
- Recollect
- Gratitude

(Eric Barker)



Arrr!

International
Talk Like a Pirate Day
September 19



STRATEGY 3: **TAP THE POWER OF THE 93%.**

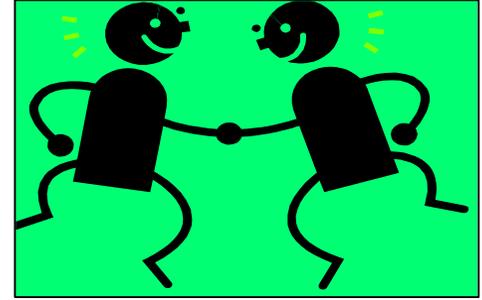
“I like your shirt!”

- **7% Words**
- **38% Tone of Voice**
- **55% Body Language**

(Albert Mehrabian, UCLA)



DO YOU WANT TO BE WELL-RECEIVED BY OTHERS?



- Consistent eye contact
- Smiling
- Confident, upright posture
- Expressive face
- Uncrossed arms
- Open hands
- Nodding head
- Head held high

- Avoiding eye contact
- Frowning, squinting
- Slouched, hunched posture
- Lack of expression
- Crossed arms
- Hands clenched
- Shaking head
- Looking down

STRATEGY 4: LIVE AND WORK WITH MOJO!

- *The Life Can Be Annoying Quiz!*

- *“Sounds like life to me.”*

- **Reality:**

*People are drawn to
be around happy people.*

(Diener & Biswas-Diener, *Happiness: Unlocking The Mysteries of Psychological Wealth*, 2008)

STAY STRONG!



WEEKEND IS COMING SOON

MOJO vs. NOJO

(Marshall Goldsmith, *Mojo: How To Get It, How To Keep It, How To Get It Back If You Lose It*, 2009)

- ✓ Take responsibility
- ✓ Move forward
- ✓ Run the extra mile
- ✓ Love doing it
- ✓ Appreciate opportunities
- ✓ Make the best of it
- ✓ Inspirational
- ✓ Grateful
- ✓ Curious
- ✓ Caring
- ✓ Zest for life
- ✓ Awake

- ✓ Play the victim
- ✓ March in place
- ✓ Satisfied with the minimum
- ✓ Feel obligated to do it
- ✓ Tolerate requirements
- ✓ Endure it
- ✓ Painful to be around
- ✓ Resentful
- ✓ Uninterested
- ✓ Indifferent
- ✓ Zombie-like
- ✓ Asleep



**Recognize when
you are getting
grumpy and ask,
“What do I need?”**



Take Tony's Advice:

Stability

Novelty



**Stretch that comfort zone to elevate your mood,
and your comfort zone will grow in the process!**

The PSU HUG STUDY!

(Chipman, Eastern Psychology Association,
Penn State University)



BRING YOUR A-GAME!

What is one point
that will stick with
you from this session?



A CLOSING CHALLENGE...

On a daily basis,
learn to
Enjoy the Glazed
Donut!

(Diener & Biswas-Diener, 2008)



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