


Laurie Guest, CSP



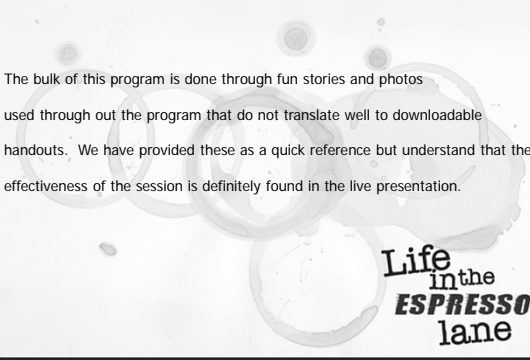
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Life
in the
ESPRESSO
lane

Quick note about handouts


The bulk of this program is done through fun stories and photos used through out the program that do not translate well to downloadable handouts. We have provided these as a quick reference but understand that the effectiveness of the session is definitely found in the live presentation.



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What is a pick me philosophy?

- Get your hand in the air & good things follow
- Consistent energy
- Avoid the “pick-on-me syndrome”
- Attitude of “theme living”



How do I deal with those who make mistakes?

- Make faults seem easy to correct
- Share your own mistake stories
- Be a leader others can bring mistakes to



IBHT

- IBHT = _____!
- Flexible/dedicated can be the tip factor



G U T S Y Approach to building rapport with others

- **G**enuine interest in other people
- **U**se a person's name
- **T**alk less, listen more
- **S**mile (know your body language)
- **Y**es, Yes (get others saying it)



Reset your L.O.S.

Your brain is just like a computer and it needs to be rebooted periodically.
A personal retreat day is the perfect way to do this. A retreat is not a vacation
Day where you do activities with friends, but rather quiet, reflective time for you.
This is a time to listen for your inner voice in order to make decisions that allow
You to lead the life you desire.

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As For What You Want

Learning how to put words to what you need rather than just acting out makes a
difference. Hoping that the another person can translate your behavior into a
request is stretch. Instead, find ways to put words to your needs for a faster
result.

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Consider Laurie for your next staff development day

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