Seán Connaughton – People Strategist

Delighted to be with TCGI AGM today

Self Discovery…How to Evolve
“Each one of us has a view of the world, our world, we begin to evolve when we see other views.”
“Having a challenge in life can stabilise us.”
What three things are unique and the most important about each one of us?
Self Discovery – How to Evolve

What we want: What we need

I want to be, I need to be acknowledged

I want to be, I need to be listened to

I want to be, I need to be loved

I want to be, I need to be respected

I want to be, I need to be valued
Different is just different

Different is not good

Different is not bad

Different is just different

We are all different, we have a duty of care to each other to educate and influence
Self Discovery – How to Evolve
a glimpse...............through others’ eyes

My story told especially for you

Olga’s challenge with her son

A mother’s love from the heart

A daughter’s cry for help

Coming alive with social skills
What is Self Worth and What is Perception

- Self Worth is probably one of the only areas that I can be in full control of in my life
  - Demonstrating Capability
  - Easing off on likeability
  - Showing Respect for myself

- Perception is what the world sees of me, it measures me
  - I own my own perception
  - I need to understand my own perception
  - Perception is my passport
Importance of Self Worth

One should always strive to better yourself
It’s important to have respect for yourself and others
Use your natural skill of perceiving your environment with all your senses
Increase your self worth by being gentle and patient
Increase your self belief by achieving
Process is more important than outcome
You are in control of your life & happiness
Be prepared to give everything and everyone a chance
Tips should be subtle

- Clothes, colour and fit body and personality
- Toys that belong
- Supervise from a distance, be a helicopter parent!
- Advise……stand back……encourage…..praise
- Listen with your heart not your head
- Sow a seed to develop an interest……..be patient
What to Watch Out For

- Body language is important
  - Verbal (7%)
  - Body (38%)
  - Eye contact (55%)
- Appearance – hair & shoes
- Attitude is important
- Substitute negative thoughts with positive thoughts
- Don’t worry about what people say to me
- Stop folding my arms and putting my hands to my face
- Do something different every day

- Set realistic targets
- You own your own perception
- Listen to what people say
- Eye contact is important
- Communication is a must
- Customer care
- Role Playing
- How we can put a plan together through direction and listening to each other
- Stop putting myself down, criticising myself
- Become a better listener

a different way ◆ a better way
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Listening Quiz

Remember..........it’s only a quiz...
Advice is only good advice when it is used

The dearest is always the cheapest
You don’t have to tell everything
You can’t please everyone so don’t try
People will never argue with logic
The quality of your work makes you interesting
People will find you
You don’t have to justify or defend yourself
What is meant for you will come to you
Short sentences are more readily listened to
People talking about you is better than you talking about you
What People Want

- Communication
- Self confidence
- Communication & fear of hurting others feelings
- Boost confidence
- Stop being self critical
- Fear of failure
- Focus on having fun and solution finding process
- Not to over analyze. Be comfortable with response without going over the whole conversation again
- Not to be very laid back especially in decision making

- Public speaking
- Value myself
- Assertiveness
- Proactive
- Focus on listening
- Focus on lifestyle
- Breaking out of the mould
- Focus on giving people time to do things their way
- Not to take things personally
- Get my point of view across
- Deal better with conflict
Being Objective is the Secret

Subjective
- Generalization, opinion, bias, judgment – preconceived ideas or beliefs, personal, closed view
- Narrow focus
- Have a particular view

Objective
- Clean facts with no personal opinion or bias
- Open view to suggestions / views
- Reasonable and can be reasoned with
- Can see all sides of problem or suggestion

✓ Fact
✓ Data
✓ Observation
✓ Experience
What you focus on blossoms beautifully
Nature brings creativity
What do you see?
Supporting each other
Discover how far you can go by going there
Self Discovery – How to Evolve

It Takes Time, It takes Patience, It takes Practice

Advice & Encourage are the key ingredients

Self Belief comes from doing

Self Worth comes from Respect

Self discovery comes from awareness

Self Fulfillment comes from doing (interest, hobby, skill, knowledge…)

You can’t give it to me, I can only give it to myself
Thank you for Listening to me