

SeánConnaughtonMentoring



Loving Life - Shaping Behaviours

Seán Connaughton – People Strategist

Delighted to be with TCGI AGM today

Self Discovery...How to Evolve



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Loving Life - Shaping Behaviours

*“Each one of us has a view of the world, our world,
we begin to evolve when we see other views.”*



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“Having a challenge in life can stabilise us.”



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Loving Life - Shaping Behaviours

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



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 too

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**





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What you focus on blossoms beautifully





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Nature brings creativity





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What do you see ?





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Supporting each other





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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

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