

Conversations for Success

- 1. Learn to shut up and really listen with generosity and curiosity.
- 2. Learn to ask good questions.
- Learn to manage your own emotional reactivity. Take a quick break if needed but get back to the dialogue in a reasonably short time - never pout or brood - there's no time for that.
- 4. Learn to have a calm, clear, spacious mind rather than preparing your answer as the other person speaks -- take a minute to think as you learn the value of creating some moments of silence in the dialogue.
- 5. Learn to keep an open mind and see the other person's viewpoint as legitimate even when it doesn't make sense to you or your worldview.
- Learn to be succinct and resist endless debate or going over it "one more time" find a win-win.
- Take responsibility for creating a persuasive, well thought out case for your idea and accept it and move on if the rest of the team doesn't adopt your idea - it's not personal.
- Learn to be respectful, play nice and get along with others even when you have significant differences of opinions or different styles - assume best intent in others.
- Be responsible for fostering a cooperative, supportive teamwork environment or find another team, or find an occupation where you can succeed as a lone ranger.
- 10. Find some peace, happiness and fun in your life, life is short.

