

Life and Business Leadership Insight – November

“Controlling your Outcomes”

I often talk about the ultimate human skill of learning to live your life in a state of inner contentment or as I frequently state "true success". I have also said that this state is more quickly achieved when we realize two crucial facts.

Firstly, that we have the ability to control our environment (most of the time) especially if we are prepared to take the responsibility for it.

Secondly, and more importantly, we have the unique opportunity and ability to control our attitude to whatever is happening at the time. This is especially relevant if we can't physically control it, for example your work environment is not exactly as you would want it.

Time for a case in point...

Two weeks ago I bungled a travel arrangement and missed an important flight. My original flight from Melbourne was cancelled and I missed an earlier replacement flight because I arrived at the airport terminal twenty minutes before the flight instead of the regulation forty five minutes. As a result I was going to miss a connecting flight and arrive much later than anticipated.

To complicate matters further the next flight from Melbourne was held up a further forty-five minutes due to a bomb scare. All bags were removed from the plane and searched by hand.

To cut a long story short I had unwittingly created a complicated environment that I could now only control through working with my attitude.

If I had owned my own Lear jet then the situation (environment) would have been more controllable but attitude, at this stage, was all I had.

I resolved to use my airport lounge time to reflect and learn some life & business leadership lessons.

Lesson 1. When faced with a difficult situation. Learn from the experience and look for the opportunity. The fact that you find it difficult means there is something important for you to learn.

Lesson 2. Tune into the thoughts that make you feel more in control. They are the key to your inner contentment. My solution was to use the time intelligently and compose this newsletter.

Lesson 3. Be prepared to deliver the performance of a lifetime despite the circumstances by focusing on the task at hand and minimizing any negative distracting thoughts.

Lesson 4. Realize that watching a small child learning to walk in an airport lounge can be a priceless moment in time if you want it to be.

I still have another hour to wait for my plane but I will use the time productively...it's time to go for a walk.

Hey little kid... Wait up!

Performance Enhancing Substance:

“The greatest discovery of my generation is that a human being can alter his life by altering his attitude”

William James

Performance Enhancing Reading Material:

*“Emotional Intelligence: Why it can matter more than IQ” Daniel Goleman.
Bloomsbury Publishing. 1996. ISBN 0747528306*

Performance Enhancing Products:

Life & Business Leadership Tape #1	“Mastering Stress”	\$30.00
Life & Business Leadership Tape #2	“How To Get What You Want”	\$30.00
Life & Business Leadership CD #3	“Turning Distress Into Excitement”	\$30.00
Life & Business Leadership CD #4	“The Corporate Athlete”	\$30.00
Life & Business Leadership Pack (Pack of 4)		\$100.00

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Performance Enhancing Public Seminars:

Crocodiles not Waterlilies Self-Leadership & Team Dynamics Program:

Program 1:

- 19.3.03 (9.00am-5.00pm), 26.3.03 (9.00am-5.00pm), 2.4.03 (9.00am-5.00pm), & 9.4.03 (9.00am-1.00pm)
- Investment for program: \$1100.00 (Inc Gst)

Program 2:

- 21.8.03 (9.00am-5.00pm), 28.8.03 (9.00am-5.00pm), 4.9.03 (9.00am-5.00pm) & 11.9.03 (9.00am-1.00pm)
- Investment for program: \$1100.00 (Inc Gst)

How to Get What You Want (Assertiveness Program):

Program 1:

- 21.5.03 (9.00am-5.00pm), 22.5.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Program 2:

- 8.5.03 (9.00am-5.00pm), 9.5.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Program 3:

- 29.10.03 (9.00-5.00pm), 30.10.03 (9.00am-5.00pm)
- Investment for program: \$700.00 (Inc Gst)

Toughness Training (Performance & Stress Management):

Program 1:

- 15.5.03 (9.00am-5.00pm)
- Investment for program: \$450.00 (Inc Gst)

Program 2:

- 8.10.03 (9.00am-5.00pm)
- investment for program: \$450.00 (Inc Gst)

These seminars as well as many others are available as in-house programs and in other locations by arrangement.

Please contact me direct on 0418177868 to book your place or via email on

dayr@ocean.com.au

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For more information and to preview Richard as a motivational speaker for you and your team please visit:

www.richardday.com.au

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Some of the information found in this newsletter has been adapted from the Crocodiles not Waterlilies Self-leadership Program with kind permission from Roger Anthony.