The Win-Win-Win Experience: Bridge the Gaps for Team Success

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The Many Faces of Stress

23 Common Stress Indicators

- Cranky Resting Face
- Frequent Illness
- Zoned Out
- Moodiness
- Eye Rolling
- General Angst
- Sarcastic Responses
- Stirs Up Drama
- Crossed Arms
- Slumped Body
- Raised Voice
- Higher Voice Pitch
- Fast or Shallow Breathing
- Sweating
- Silence
- Frequent Bathroom Trips
- Throat Clearing
- No Eye Contact
- Avoidance
- Crying
- Disengaged
- Touching Face
- Fidgeting

14 Ways to Re-Direct the Offenders

1. Give Them a New Mission
2. Make Them Smile
3. Be Aware of Their Stress Cues
4. Suggest Self-Care
5. Give Them Slack
6. Dig for Their Roadblocks
7. Breathe New Life Into Their Situation
8. Test for Their Stress Cures
9. Listen for the Deeper Issue
10. Open Up to Create Connection
11. See the Signs Before They Start
12. Stop the Spread By Ending the Issue
13. Acknowledge with Respect
14. Change the Conversation

3 Steps to Re-Direct Your Own Stress

1. **Awareness**: Be mindful of when, what, and who set off the negative stress response in you.

2. **Acknowledgement**: Take responsibility for changing the language and behaviors you display.

3. **Action**: Know how you want to be remembered so you can course-correct when you’re off track.
The Win-Win-Win Experience

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Get Part 2 of *The Win-Win-Win Experience* for your team! We will do a Work Map and identify where YOUR team can streamline their personal and professional goals and performance to drive growth.

Contact me to customize a plan and quote for your team.

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Your opinion matters!

Please take a moment now to complete the evaluation.

Thank You!