


Learned Helplessness



cy wakeman

Employee Value = Current Performance + Future Potential - (3) Emotional Expense



cy wakeman


Emotionally Inexpensive

- Personal Accountability
- Reality Based Thinking
- Change Capitalization
- Organizational Alignment
- Driving for Results


Personal Accountability

Why doesn't anyone tell me anything?
Why do they keep changing?
When will they get it?

*Personal Accountability,
QBQ.com by John Miller*



What?
How?
“I”
Action
*Personal Accountability,
QBQ.com by John Miller*



**Reality-Based
Thinking**

Event

Thinking

Feeling

Action

Results

The average person spends
Two hours a day arguing with reality



Right or happy?



After the story . . .
How can I help?
What is the next right action?



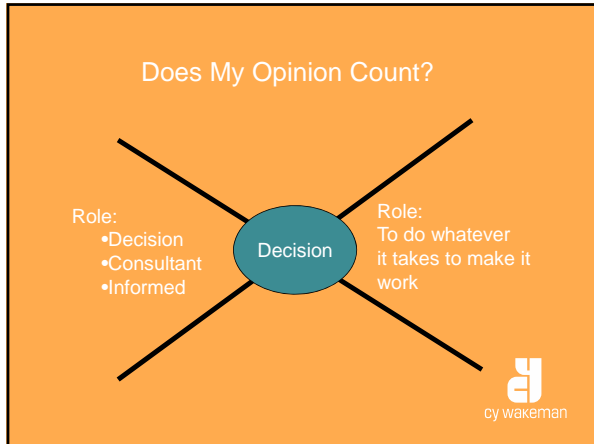
The minute you start judging . . .
You STOP serving
You STOP leading
You STOP adding value



Organizational Alignment

Does my
opinion count?

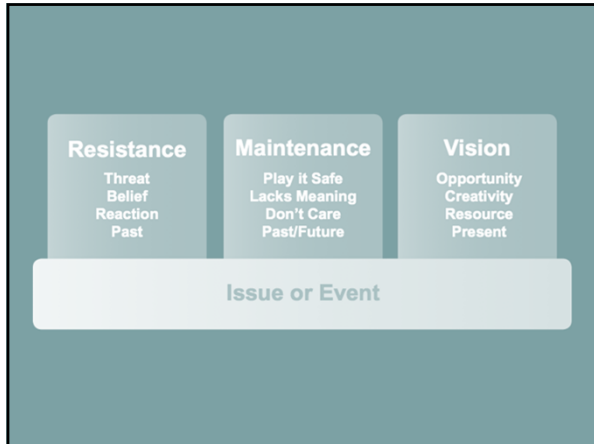




Capitalizing on Change


Work with the Willing





The Art of Reframing

Whether or not you believe something to be possible or impossible, either way you will be right.



Negative Brainstorming



Driving for Results

Want more?

- Buy the book, "Reality Based Leadership"
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