



Attitude and Motivation - Adeo Glenview Hotel 28th January 2010

These summary notes are provided at the request of the attendees at the presentation given by Aidan Higgins to the Small Owners Network of Wicklow County Enterprise Board and are for the use of the attendees only. They are not to be used in whole or in part for any purpose other than as a reminder of the issues discussed and are not to be distributed to third parties without the written consent of Adeo.

First

- Some new ideas (for some)
- Take them test them
- Different reactions

Are you Recessed? – Its not a new phenomenon!

Evolution “It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.”

- The Question is how do you adapt?
- Choose to Adapt or stay the same?

Treat everything you hear as subjective !
Media headlines in particular – bad news sells

Next

- Try to Focus on the important things
Visualize positive outcomes
Understand and use choice

You spend your energy on?

The Important things?
The things you CAN control?

Anthony De Mello

Happiness is relative+
Unhappiness <desire
Attachments

What is important to you?

Steven Covey

Family, Work and Community – Exercise at front row of your own service.

Paradigm Shifts – The Tube train and the Graveyard Junior Cert

Change the way you look at things... And the things you look at change...

Remember the problem > It is as it is! The stories we attach to the problem are the problem !!!

Recognition of the problem – the reality!!

- “What next” rather than “if only”
- “We can do this... or this... or this”
- If its to be its up to me

In Scotland, there is no such thing as bad weather - only the wrong clothes.

Example

- The banks
- They are what they are
- Take the emotion out of it
- You can get creative

In Business ...

- The wrong attitude blocks you
- And those around you
- Remember the competition (and the Lion)

You HAVE the Power to Choose

Viktor Frankl – Mans search for meaning

“Even under the most terrible conditions of psychic and physical stress, we, who lived in concentration camps, can remember men who walked through the huts to comfort others and give away their last piece of bread ...”

“ ...They may have been few in numbers, but they offered sufficient proof that everything can be taken from a person but one thing, the last and the greatest of human freedoms, to choose one’s attitude in any given set of circumstances, to choose one’s own way of life!”

Remember **Nuala Creane** and the loss of her son Seb 'Do we continue to live in darkness, seeing only fear, anger, bitterness, resentment. blaming, bemoaning our loss... or are we ready to transmute that negativity. We can rise to the challenge

So - Choose

- Focus on what you WANT.
- Don't block the negatives but see them for what they are Positive Realism
- START thinking about desired results
- Start working on the solution ...

The Passionate Entrepreneur

- Locus of Control
- Context of Leadership
- Adapt
- Choose
- Educate and Influence

Whew ! Where do I get the energy for all this?

Energy

- Recognition
- Acceptance
- Gratitude?
- Calm
- Action
- Energy !!!

Choose your Fellow Travellers

- Remove Negative People
- Misery loves company
- Three things to say to yourself:
- “If its to be its up to me”
- “I can choose my reaction to anything?”
- “How do I want to feel today?”

Upload the right Software

- What am I grateful for?
- What am I happy about?
- Who do I love today?
- Who loves me today?
- What am I excited about?
- What am I committed to?

Summary

- Things are as they are
- Your attitude to things is the important thing
- If you can control your attitude - you can affect the outcome
- Use the power of choice

Adeo offer a number of courses for personal or business transformation.

Our Personal Development Level 1 course contains two sessions during which we use tools to help you understand your own world view, your focus in life and leads to greater Self Awareness, Self Regulation, Empathy and improved Social Skills through improving your Emotional Intelligence.

The positive impact of Emotional Intelligence on personal success is well documented. The course also offers a path for anyone interested in personal growth and forms a grounding in an area that will facilitate life long learning. It is most useful for those who wish to be happier or more effective in either Business and/or Personal Life.

The course facilitator is Aidan Higgins BE MBA who has researched Emotional Intelligence Development and as well as a Post Graduate Lecturer and Business Mentor is an Enneagram Teacher and a Master Practitioner of NLP

