

How to improve your performance by being brain friendly

By making small yet brain-friendly changes, you can improve your thinking, conversations, and actions. You can increase your clarity and engage better with employees, including helping them take actions that advance your strategic goals. In each area, focus on three key things and ignore the one temptation. To learn more, follow the links and contact me, [Liz Guthridge](#).

Thinking

Focus on:

- Identify what your [“win”](#) is.
- Find your [“golden thread”](#) to improve your focus and clarity.
- Consider how to [involve](#) others, not just speak and engage with them.

Ignore the temptation to:

- Ruminate on “coulda, shoulda and woulda.” Instead, learn how to practice [distancing](#) yourself.

Conversing

Focus on:

- Explain the [“why”](#), both the vision and the rationale.
- [“Inquire and then retire”](#) to give people time to reflect and get their own insights.
- Boost your persuasive powers by [intentionally involving employees](#) more.

Ignore the temptation to:

- Show you’re the smartest person in the room. Instead of being the [“sage on the stage,”](#) be the [“guide by the side.”](#) Also, make your meetings and other encounters brain-friendly: ask questions, give people space to talk, and listen carefully.

Acting

Focus on:

- Make it as [simple, social and fun](#) as possible for people to take action.
- Create a clear, concise and compelling [call to action](#).
- Remove [barriers in the environment](#) to help people “get over the hill” as they apply their “will and skill.”

Ignore the temptation to:

- Get everyone involved immediately. Instead, enlist [influential volunteers](#) who will then help you involve others.



Connect is a specialized independent coaching, consulting and facilitation firm. We focus on shaping organizational culture through building better habits. In particular, we specialize in helping leaders clarify their thinking, improve their engagement and involvement with employees, and conduct more effective and efficient meetings.

Managing Director Liz Guthridge has extensive experience in applied neuroscience, behavior design and lean communications®. See <https://connectconsultinggroup.com/>