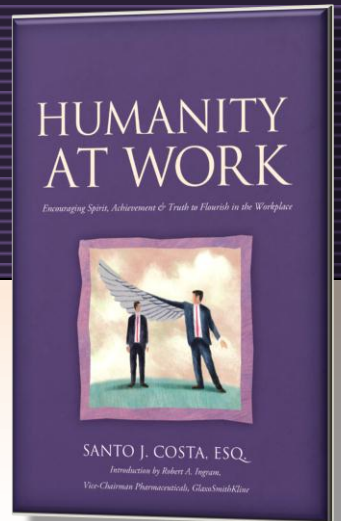


Sandy Costa

Tip sheet



Thank you for being in our audience today. Here is a tip sheet audiences have asked for after hearing Sandy speak to help them use the ideas Sandy introduced today. We recommend you keep it someplace visible where you can be inspired to action.

We would love to hear from you which ones appealed to you most and will be put into action.

Sincerely,

Sandy Costa team www.sandycosta.com

Sandy Costa is an expert in bringing "Humanity into the Workplace". As a Speaker and consultant he can re-ignite in managers and leaders the human perspective leading to a sustainable competitive advantage.

Tips for practicing Humanity at Work

- ~ Several times a day ask yourself "How am I doing? Am I leading a rewarding meaningful life?"
- ~ Be a servant leader- you will succeed if you focus on lifting the burdens of others.
- ~ We each manifest our own reality. Optimists are not always right, but pessimists are correct 100% of the time. What can you do to catch any self – talk or habits today that could undermine your optimism?
- ~ There is no substitute for life's experiences-the foundation of wisdom.
- ~ People are complex. To deal with that complexity you need to be "emotionally competent", to understand how emotions affect our words and actions. How can you be a better listener and balanced today in a deep way?
- ~ Practice self-awareness- who you are and your place in the world.
- ~ How can you practice mindfulness today?
- ~ Mistakes are overrated. Great leaders invoke compassion and empathy.
- ~ What can you do today to allow someone compassion and empathy or to allow yourself to receive the forgiveness of compassionate empathy?
- ~ It is what you do that makes you what you are. Are your actions aligned with your inbred integrity?
- ~ Embrace life's great mysteries. Daily rekindle life's wonders.
- ~ Choose faith over fear – From faith comes hope.