

"Whatever you do, or dream you can, begin it. Boldness has genius and power and magic in it"

-Johann Wolfgang von Goethe

Welcome to the first edition of Blockbuster Life Solutions for 2013! Be inspired to create and live your blockbuster life every day in both your personal and professional life. Embrace your problems with vigour and knowhow. Discover the wonderful opportunities for growth and change inherent in problems and the process of problem solving. Adopt a 'can do' attitude and expand your mind when a challenge arises.

Sally x

In this edition of Blockbuster Life Solutions

- Create Your Blockbuster Corporation: Eye Contact
- Create Your Blockbuster Life: Persistence
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Create Your Blockbuster Corporation

Eye Contact

When was the last time you really looked someone in the eye at work whilst they were talking to you? Were you half-listening as you continued to type, checked your emails or thought about the task you were about to do?

In our work environments where multitasking is deemed skilful, the old-age art of eye contact is being lost.

Eye contact tells the other person that you are paying them attention, that you value what they are telling you. Eye contact builds trust, enhances the communication process and develops positive workplace relationships.

'Good' eye contact is not staring. It involves frequent but brief eye contact so the other person knows that you are listening without seeming intrusive.

If eye contact is foreign to you, build it up slowly so you can establish rapport. It is not meant to feel uncomfortable. Just give the other person your full attention and you will naturally feel inclined to look or glance at them.

Create Your Blockbuster Life

Persistence

“When you get to the point where anyone else would quit....don't stop! :) This differentiates a blockbuster life from an ordinary life.”

I posted this message on facebook today – It is of course talking about persistence!

Persistence is the ability to do whatever it takes to achieve your goals. Persistence is really a mental skill first and foremost because it is all about mindset. Persistence is about making a decision to keep going, making a decision to push through, making a decision not to quit, making a decision to find a way, making a decision to persist.

When was the last time you persisted with something challenging?

Persistence is the behaviour which separates the ordinary from the extraordinary.

Persistence takes courage. Persistence takes patience.

Persistence takes an unwavering mindset to keep going no matter what obstacles are thrown at you.

Anyone who has ever achieved anything great has undoubtedly demonstrated persistence.

Don't let a lack of persistence stand in your way from achieving your goals.

What will you persist with today?

News

Social Media

Sally is now on Facebook, LinkedIn and Twitter

Speaker Bureaus

Sally is now a speaker with Voxy Lady Women's Speaker Bureau

www.voxylady.com.au/speakers/profiles/sally-learey

Sally is now a speaker with Entertain Oz

www.entertainoz.com.au/Speakers-Bureau/Corporate/SALLY-LEAREY-SPEAKERAUTHORCOACH

Q&A

I would love to hear from you!

Email me your questions and I will publish them along with my answers in forthcoming editions of Blockbuster Life Solutions.

Connect With Sally

Please connect with me

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