

REFLECTION FRAME: HOW OTHERS SEE ME

WHAT'S THE POINT?

Research suggests we make a first impression in 7 seconds and give off more than 800 non-verbal cues or clues about what we are thinking and feeling every 30 minutes. It can pay dividends to take a deliberate pause and think about what other people are hearing when we are speaking. What are others seeing when we walk into a room or they are sat with us?

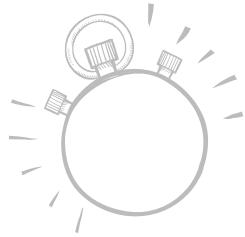
LET'S DO IT!

Take a photo or photocopy of this page as it's ideal if you can do this activity throughout the day. Set a timer on your watch or phone so that it goes off once per hour. When the alarm goes off, use the questions around the outside of the reflection frame in order to make some comments in the centre of the page. You don't need hours. 2 minutes might do. Be honest and non-judgemental. Try to write instinctively without editing or over-thinking.

REFLECT & QUESTION

Do you think people get the same impression of you that you were hoping to give them? Do you notice anything about time of day or different interactions or people influencing how you interact or behave around people? How could you influence people better or improve your relationships with them? What could you do a little more of and a little less of today in order for other people to see the version of yourself that you would want them to?

WHAT HAVE YOU NOTICED ABOUT YOUR CONVERSATIONS OR INTERACTIONS WITH PEOPLE SO FAR TODAY?

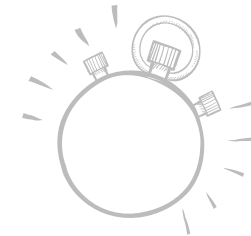


WHAT POSITIVE THINGS HAVE YOU TOLD OTHER PEOPLE ABOUT THEIR WORK/ EFFORTS OR THEMSELVES SO FAR TODAY?

DO YOU THINK ANYONE HAS HAD ANY STRONG REACTIONS TO YOU TODAY? LIKED YOU? DISLIKED YOU? BEEN IRRITATED BY YOU? LOVED YOU? BEEN IMPRESSED BY YOU? BEEN DISAPPOINTED IN YOU? BEEN INTIMIDATED BY YOU? BEEN FRUSTRATED BY YOU?

HAVE YOU NOTICED ANYTHING YOU DID OR DIDN'T DO SO FAR TODAY THAT SEEMED TO HAVE HAD NEGATIVE IMPACT ON ANYONE OR THEIR DAY?

HAVE YOU DONE ANYTHING KIND TODAY?



PARTING SHOT

What single small step could you practise tomorrow that would be positive for you?

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WHAT FEEDBACK HAVE YOU GIVEN OTHER PEOPLE TODAY. WAS IT POSITIVE FEEDBACK OR NEGATIVE FEEDBACK? HOW DID YOU DO?