

Timer on Delay

When counting to 10 is really a good idea...



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Italians are passionate people. That is a fact. Being one of those can be a double-edged sword in both my personal and professional life.

In my personal life, my passionate nature can be intense. Whether it's love, anger, or sadness, I feel everything deeply. This can lead to some amazing highs and devastating lows. But at the end of the day, it's who I am and I wouldn't have it any other way.

In my professional life, being passionate can be a strength and a weakness. When I believe in a project or a goal, I put my heart and soul into it. This can lead to incredible results, but it can also lead to burnout and frustration.

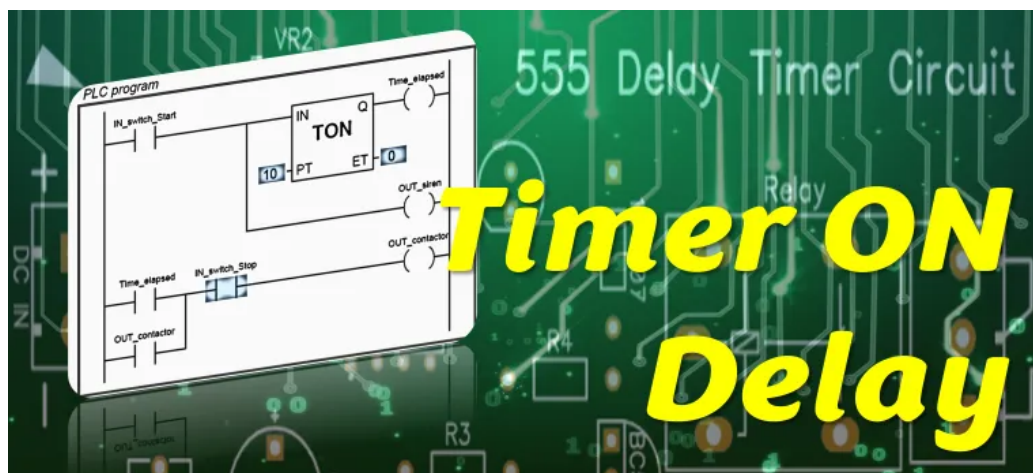


Image created by the author

Industrial Automation to the rescue

As an automation engineer in the Oil&Gas Industry, I find my job highly motivating and personally rewarding, with great professional satisfaction.

I program machines that bring something to life: I can see my code starting equipment, putting together several unit and systems to come together as one. And the greatest part is that I have to take care also of the Human/Machine Interaction to make it simple, appealing and intuitive. An

operator hit a button, one unit starts, and little by little everything works like a symphony.

One common programming routine we use is called Timer On Delay. This routine is used to avoid equipment damage or accidents during the start-up process. It's a simple routine that can make a lot of difference in safety and efficiency.

How does it work?

When the operator presses the start button, the a timer starts counting on command (that is why is a timer **on** delay...). This means that the machine will not start immediately, but after a certain period of time (and this explain the **delay** part...) set by the engineer. This is particularly useful when starting up large machines with several units that need to work together in a specific sequence.



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Why we need wise managers

Working in a stressing environment, with tight schedules, undermanned and maybe also with incompetent managers can be very challenging. In these situations, mistakes can easily happen.

And the biggest mistakes of all is to react based on your frustration: everything became a personal offense, and we have no time to think through the situation, the issues or even a fair remark. And if you are passionate about your job, it can be even harder to keep your head clear. Personally I usually get mad very fast.

I luckily met in my career few managers that helped me understand what was happening. They were wise enough to be the first to take a step back and make an effort to understand why I was reacting so emotionally.

One of them explained to me in plain English (finally...) what does it means when they say to you “Don’t take it personal!”.

He told me that in a high-pressure job, it’s easy to quickly get upset and feel targeted by criticism. However, most of the time, the criticism is not personal, it’s just part of the job. When we take things personally, we get defensive, and we tend to make poor decisions.

So good manager gives constructive feedback, evaluates performance, and makes decisions based on their role, always doing so in a way that shows respect and esteem for their colleagues.



Photo by [Khyta](#) on [Unsplash](#)

Why we need a Timer on Delay

And a better manager gives you also a strategy plan!

And the one I got from mine is really fitting my “job description“.

*Fabio, consider setting a 10-minute **timer on delay** before responding to requests or remarks. This can help ensure that your reactions are rational, rather than solely based on emotion.*

Honestly I think that this advice (not so far from what my mom used to tell me thousands of time too) was the main breakthrough in my career

advancement. I've found a tool that helps me manage my passionate attitude in my professional life .

Well I have to say that it is still a work in progress...

Have you tried it yourself? What helped you to make an habit out of it?

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