

Some attitudes that'll help

By Leta Montopoli





INTRODUCTION - A BIT ABOUT ME





INTRODUCTION - WHY AM I TALKING ABOUT THIS?

ATTITUDES & BEHAVIOURS THAT HELP ME GROW & ONES I OBSERVE IN OTHERS THAT SEEM GOOD

LET'S DIVE IN...

BE CURIOUS

Learning for the sake of learning

Curiosity is a powerful & transformative attitude.

The business case for Curiosity - Francesca Gino



Ask Questions



Be open to learning from anyone

Focus on learning goals

Contemplate if there is a better way

Learn about the tools you use



shutterstock.com • 627551969

Experimenting



When you get that nervous/excited feeling in your stomach, that's a sign you gotta continue.

Follow your fear.

WHAT BRAVERY LOOKS LIKE



Volunteer for things that scare you

WHAT BRAVERY LOOKS LIKE

Teach others, even if you aren't an "expert"

WHAT BRAVERY LOOKS LIKE

Ask basic and dumb questions

WHAT BRAVERY LOOKS LIKE



Read things you don't understand

BE DISSATISFIED

Have high expectations

Discontentment can inspire creativity motivate us to improve things.

WHAT DISSATISFACTION LOOKS LIKE



Hunting Inefficiencies

WHAT DISSATISFACTION LOOKS LIKE

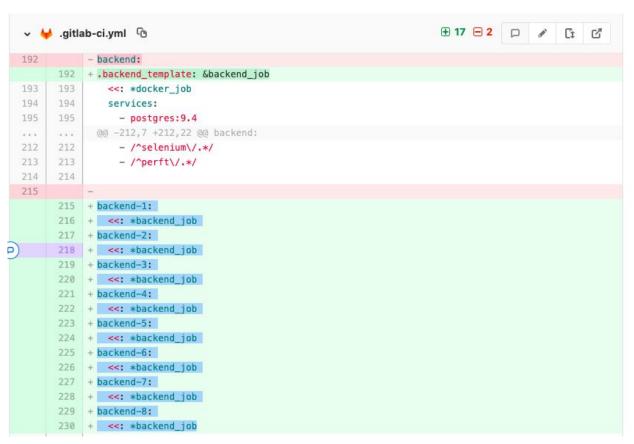
Have pet projects

WHAT DISSATISFACTION LOOKS LIKE



Make things faster

REAL LIFE EXAMPLE:



BE REFLECTIVE

Daily, quarterly, yearly pauses for thought.

Reinforce your technical learnings, and get to know yourself better.

BE REFLECTIVE

Studies have shown that being reflective can help us learn through experience.

(And it might also increase our confidence)

WHAT BEING REFLECTIVE LOOKS LIKE



Journal everyday

WHAT BEING REFLECTIVE LOOKS LIKE

Learn from your successes and your failures

WHAT NOW?

- Reflect on this talk!
- What resonated with you from this talk?
- Do you embody any of these attitudes at work?
- What are you curious about at work?
- What are you scared of at work?
- Do you agree with these attitudes?

RESOURCES

- "A philosophy of software design" by John Ousterhout
- "The learning benefits of teaching: A retrieval practice hypothesis" by Aloysius Wei Lun Koh Sze Chi Lee Stephen Wee Hun Lim
- "Making Experience Count: The Role Of Reflection In Individual Learning" by Giada Di Stefano Francesca Gino Gary Pisano Bradley Staats.
- "The Business Case for Curiosity" Francesca Gino, Harvard Business Review

THANKS!

Feel free to get in touch.

lmontopo@gmail.com

github/lmontopo

BE CURIOUS

"The business case for curiosity" by Francesca Gino

- Ask questions
- Focus more on learning goals
- Be open to learning from anyone
- Contemplate if there is a better way
- Learn about the tools you use
- Experiment
- Revisit things that confused you



BE BRAVE

- Volunteer for things that scare you
- Read things you don't understand
- Ask basic & "dumb" questions
- Dive deep into the internals
- Teach others, even if you're not an "expert"



BE DISSATISFIED

- "You're not lazy enough"
 - Automate things that are boring
- Have pet projects
- Re-write things
- Make things faster



BE REFLECTIVE

- Journal everyday
 - What did i learn
 - What was tricky
 - What did I encounter that might be useful to remember in the future
- Learn from your successes
- Learn from your failures
- Studies show reflecting helps us learn through experience (and suggests it might also help our confidence)