

⌚ Managing People

- 🕒 SELF Management
 - 🕒 Situation
 - Situational awareness
 - 🕒 Emotion
 - EQ
 - 🕒 Learning
 - Continuous learning
 - 🕒 Focus
 - Manage your energy not time - short, medium and long term goals
- 🕒 Building Trust and Rapport
 - Consistent, Authentic actions
 - Transparency, empathy & vulnerability
 - Foster personal connections and mutual respect
 - Balance autonomy and guidance
 - Navigate and repair broken trust
- Conduct mindful 1:1s
- 🕒 Managing people's performance
 - Grasp people performance dynamics
 - Set clear performance criteria
 - Lead with empathy and precision
- 🕒 Managing your manager
 - Understand the interconnected worlds
- 🕒 Build Trust and rapport
 - Demonstrating consistency
 - Taking ownership
 - Keeping manager informed
- 🕒 Clarify success and address concerns
 - Identify and proactively address potential worries or blockers
- 🕒 Align on expectations
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- 🕒 Navigate conflicts thoughtfully
 - Open mind
 - Perspective taking
 - Seek win-win solutions