



Your Points to Ponder

Rx for Anxiety - P2P Quick Communicate #16

"Clarity is the antidote to anxiety, and therefore clarity is the preoccupation of the effective leader. If you do nothing else as a leader, be clear." - Marcus Buckingham

To minimize the confusion:

1. Explain what you are thinking and why
2. Don't simply give an explanation ... show your thought processes up to that point.
3. Give some background; add some explanations.

For instance, when the schedule changes and that impacts your team, explain in enough detail so they completely understand what happened and the implications of the change. If you sense stress [not frustration] in their voice, reassure them you know the implications of the change. Remember that stress brings about a more narrow focus.

The clarity that will result can eliminate confusion, save time, rework and ultimately positively impact your bottom line.

Let's talk about anxiety:

1. This emotion is based on the dangers you perceive from your actions
2. Painful past memories are the impetus for the caution you show today
3. If unresolved, today's anxiety will become fear of future consequences

Remember, your job, as a leader is to empower and grow your staff ... it's all about them, not about you.

I am working on an article that inspects and dissects the communication factors of the Colgan Air accident ... stay tuned for my results!

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Shari has been published on this industry site: [Projects @ Work](#)

In today's economy, Shari's "Friction and Listening" is quickly becoming her most requested topic. She zeros in on emotional causes of conflict and as a result helps teams clear the path to trusted cooperation and higher performance. She is the only speaker and consultant that combines the elements of communication styles, emotional intelligence and the physiology of your mind.

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Shari is the only speaker and consultant that combines communication styles, personality behaviors, emotional intelligence and your mind. She works with executives and teams to resolve conflicts and build a more cohesive group. If your team is not "playing nice in the company sandbox", give Shari a call!

[Contact Shari](#), 281.992.4136, to speak to your department, organization, group or conference.

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