



November 25, 2009

Your Points to Ponder

Thanksgiving Day: Original Date: 1674
- a day appointed for giving thanks for divine goodness
- the 4th Thursday in November observed as a legal holiday in the USA
- the 2nd Monday in October observed as a legal holiday in Canada

... Thanksgiving is traditionally the start of the holiday season -- a time for gratitude and thanks, along with stress and frustration [which we will discuss in a future Points to Ponder edition].

Showing appreciation can get you out of the doldrums and lift the spirits of the recipient. Here are some techniques to use, giving variety on thanking others:

- Begin with "I appreciate you when ..." or "When you <action>, that makes me feel <comfortable, important, appreciated, any of those types of words>.
- Get in the daily habit of showing appreciation. It doesn't have to be for anything major - a home cooked meal, a door being opened or held for you, a listening non-judgmental ear, or a lended hand.
- Show your appreciation by a hearty, genuine "Thank You" to someone that doesn't expect it -- - a salesperson, waitstaff, a co-worker, a spouse / child or other relative.
- Next time you stop at a store, pick up something small that for a family member ... flowers, their favorite candy bar, magazine ... anything that will make them smile.

The most important person to thank ... yourself! For remembering to be thankful to others and for all the good you are putting forth in your environment. **By the way** *if you are the type of person who feels uncomfortable saying 'thank you'*, now is the time to explore 'why?' ... being conscious of these emotions and naming them can be the first step in raising your own Emotional Intelligence level. Call Shari for additional techniques.

Thanks!

- To YOU, my newsletter subscribers, for reading my newsletters and being open to understanding my perspective. I hope these tips have helped you with your daily work challenges. I have heard from many of you and I appreciate your feedback. Please continue to let me know how I can better serve you.
- To [Joe Sommerville](#) and [Lauron Sonnier](#), my MasterMind partners, in helping me work through my own challenges and making me face my fears. It hasn't always been pretty, and I have fussed about your suggestions. I will say, you both have been extremely valuable! "Priceless!" as MasterCard would say.

- To those people that requested my Colgan Air White Paper ... from an EI perspective. Due to popular demand, I have hastened my due date to analyze the transcripts of the July 19, 1989, United Airlines DC10 accident in Sioux City, IA.

Stay connected...More communication for you

All previous [Quick Communique, Points To Ponder](#) are available on the Articles page of my website. The left side has our library of complimentary communications [Articles](#), the right side, under Newsletters, has these communiques..

Thanks to [Marla Regan](#) for re-formatting them for consistency.

Have you taken one of our short self assessments? We have one on [Conflict Resolution](#) and an [article](#) to give you some additional pointers.

Look for detailed information on *The Science of Collaboration*, Shari's new program. This is based on her research and clients' experiences Reclaim your time!

Don't wait for a team 'explosion' to address behavior and personality issues. Being proactive can be very motivating and encouraging to your team. Book Shari now to experience a fresh perspective on building a high-powered team, resolving conflict and raising your own personal excellence. If your team shows signs of not "playing nice in the company sandbox"... **Contact Shari, 281.992.4136** to schedule your own personalized hands-on session.

Follow Shari on LinkedIn, Facebook and [Twitter](#).

