

Points to Ponder

**Each side of our brain can succumb to overwhelm.
And there are two distinctly different ways to overcome overwhelm.**

Your left brain is your logical brain, your analytical and logical thought, along with your math and science skills reside here. Your left brain works most efficiently when it is naming and categorizing, or when dealing with the 3 R's [reading, writing, arithmetic]. Information is managed in sequential manner.

Your right brain is your creative brain, your intuition, creativity and art and music sensors come from this side. Your right brain whirls when it encounters opportunities to use imagination and non-verbal information. Information does not have to be in any sort of pattern.

When you are left-brained overwhelmed [too much work to do in too little time], you are spinning in a logical quagmire. The best thing to do is to unleash your creative side: color [outside the lines], sing, dance, exercise any activity that you don't really have to 'think' to do.

When you are right-brained overwhelmed, review multiplication tables in your head! That'll quickly get your left brain engaged so your right brain can take a breather.

Since the last 'quiz' went over so well, next newsletter will include another little 'quiz'. Thanks to all that participated and sent me their results ... overall everyone did very well!

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THANKS to Daniel Slapo & [Corporate Flight Attendant Insider](#) for sponsoring my break-out session at the recent NBAA Flight Attendant Conference. Evaluations are in and include "Would love to have Shari Frisinger come back", "CRM for everyone!", "Shari way great!!", "Conflict Resolution was a great topic!", "Shari was one of the best speakers." I will have my video from the conference uploaded soon...be sure to check it out!

[Download](#) my handout from my Aviation webpage.

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Stay connected...More communication for you

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**Have you read Shari's [blog](#) lately?**

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UPDATE: I have recently moved my website to an easier-to-change platform. As a result, there is a page dedicated to the Aviation industry. Look for updates on my research and my articles that deal specifically with the aviation community. Let me know if there is something in particular you want to see!

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Is your team not a high performing machine? Are you spending your time listening to your staff complain? Can you feel underlying tension in your staff meetings? Shari is the only speaker and consultant that combines communication styles, personality behaviors, emotional intelligence and your brain. She works with executives and their teams to resolve these conflicts.

Are you attending a conference? Shari offers conference breakout sessions, and can open or close your conference with an engaging and empowering keynote speech... let her know if you think she would be a good fit.

[Contact Shari](#) to take that first step to becoming a higher performance team!