

HUMANISE YOUR WORK SELF/ WORKPLACE



go and see margo

NO/Doesn't work	Impact
Muscle tension/ cramping and/or working longer hours. Includes increasing sugar and caffeine beyond healthy.	Doesn't work long term and you feel ****it. Loss of perspective. Not enough time to self care.
Ignore work and deadlines.	Feel guilty. Pushback from management. You'll feel bad.
Shut down from others at work. Apparently get more time to do work. Don't say hello and do little 'chit chats'.	Feel disconnected. There are limits to what is achievable anyway. .
Pressure team members to do more. Push down. Push back up.	Only works for a short time. Staff feel resentful and will also become less productive. Push back to your management can make work feel 'aggressive'.
Anxious and angry about constant change. Attitude that is infectious in the wrong direction	Exhausting and not resourceful.

HUMANISE YOUR WORK 'SELF' /WORKPLACE



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Try This Instead	Impact
Be the authentic leader you'd like to have leading you. Greet co workers daily, have lunch together. Meet in person or pick up the phone instead of email. PERSONALLY CONNECT!	Feel connected. "We are in this together -lets make it happy. Connect with others and smile. Your team will more readily help you. You will feel better – and smile more!
Take time out even for 5 min walk or power nap. Get away from screens!!!! SELF CARE.	Rejuvenated and fresher and more resourceful Problems are soled when you allow daydreaming
Know your personal WHY. (why are you working at xx???, in this sector?)	Your values can get you through hard stuff. As does being stoic from time to time.
Know yours and your team members/managers 'love languages' – give/ask for appropriate rewards.	Your team will readily help you because they know you 'have their back'.
Delegate and use 80/20 rule. Give up on perfect.	You'll get more done and your staff will learn more.
Always look for the positive. Eg restructures ? Meet new people, access resources.	Create positive leadership. Able to lead authentically.