

The Power of

How powerful are you? Did you know that one person can *solve a traffic jam*? It's true although doing so requires enough emotional intelligence to not focus on getting credit or blame and withholding judgment about who might or might not deserve to get in ahead of you (Wall Street Journal, 2017). What else can one person do to change the world around them? Here are five actions that can help you unleash the power of one.

- 1. Put on Your Own Oxygen Mask** - You can't help anyone else if your emotional reserves are at zero. Attend to your needs first so that you can make a difference for others.
- 2. Fill Buckets!** You are an *amazing* resource for other people to feel appreciated, encouraged and inspired. Most people don't get thanked on the job once in a year (Gallup, 2004). You can *singlehandedly* change that **starting right now!**
- 3. Skip the pronouns** - We can do our banking, shopping, and fuel our cars without one human interaction. So make the ones you have count. Start by using people's *names*. You'll be amazed at the difference it makes.
- 4. Humor them** - Shared compassionate and inclusive laughter brings people together in ways only surpassed by the way people come together after a calamity (but lots cheaper and safer than starting a flood).
- 5. Touch others (but don't linger)** - Since inappropriate behavior is finally getting the zero-tolerance response that it deserves, suggesting physical touching might seem weird. But research shows that high-fives, fist-bumps and brief hugs are good for team success. So, *up top* (don't leave me hanging)!