

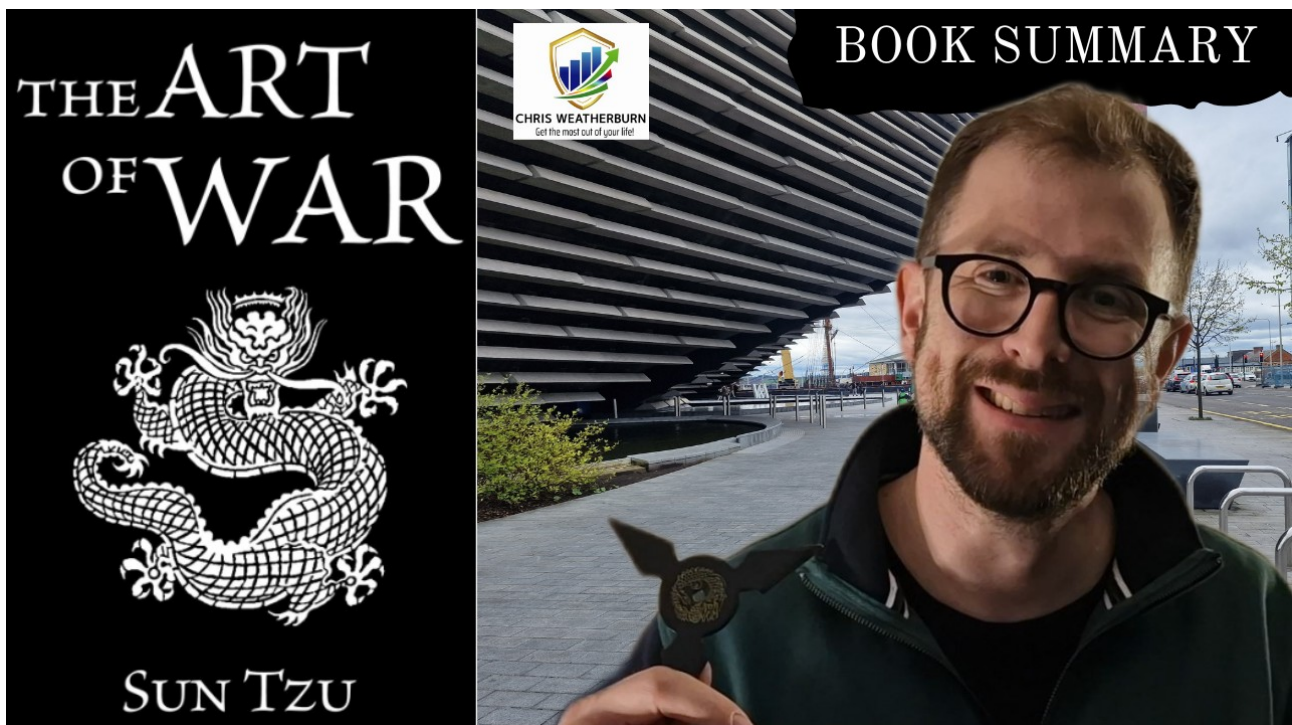
Dear Friends,

As we dive into the month of June, let's explore the art of negotiation and delve into what motivates both ourselves and others. Discovering a win-win scenario where value is created for both parties is the ultimate goal. By understanding the priorities of the other person, such as their time or financial considerations, at times we can find that sweet spot. Remember, active listening and asking the right questions are key elements in achieving successful negotiations.

Recently I have dipped my toe into some medical legal work providing an independent expert view. It is quite refreshing adding to my repertoire. However, it does make one more concerned about day-to-day clinical practice. Can you defend this in court? The risks that GPs take on are very high. Dwelling on this would cause inaction.

Life is full of unintended consequences, and it's important to acknowledge them without allowing them to paralyse us. Instead, let's be mindful of these possibilities and focus on mitigating them effectively. By taking calculated action, we can navigate through uncertainties and achieve our goals.

YouTube Video of the Month



<https://youtu.be/ec1Ljq2SPtM>

Check out my short and fun video, featuring me holding a shrieking and performing some kicks. This time, I've ditched stock videos and opted for some light-hearted fun in Dundee, the sunniest city in Scotland. Note the denominator so wearing a thick jumper! Please let me know if you prefer videos like this with my own footage or non-copyrighted content. I genuinely value your feedback.

Also, don't forget to forward this newsletter to your friends, so they can sign up by clicking here. For each referral, I will donate £1 to a Diabetes charity, with a maximum donation of £100.

When engaging in negotiations, try to approach every interaction with empathy and understanding. It's crucial to avoid taking things personally. Remember that individuals who may seem difficult could simply have different perspectives, their own struggles, and sometimes just having a bad day. Perhaps they were even jumped by a cow...

Tweet of the Month



Great Tweet by @reginalddhunter and @crazyclipsonly – a good reminder that if a cow hasn't jumped you today no excuse but to have a good day!

Website of the Month

<https://www.fiverr.com/pe/R4QP4N>

If you are looking for to hire a freelancer to help with a task or perhaps are wanting to sell some of your skills worldwide this is a great website. Above is my referral link, by signing up you would get a small discount. Each unique 'gig' has its fee and there are no ongoing obligations. You can always negotiate on price :)

Have a great month,

Chris



Chris Weatherburn

Get the most out of your life!