

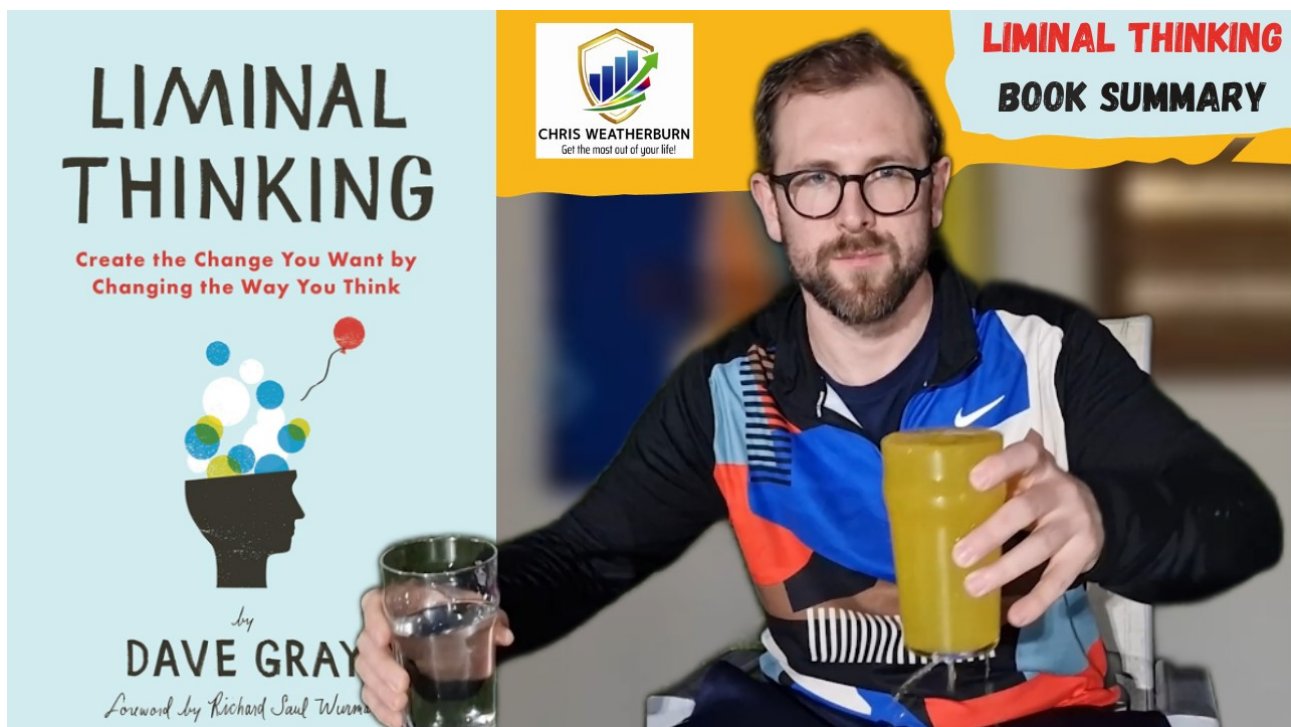
Dear Friends,

Are you in Microsoft Teams meetings often? If like me you are, and want to improve my suggestion is to turn Speaker coach on. After each meeting you will get some personal feedback about use of filler words, intonation, pace, inclusiveness, monologue, and repetitive language. Nice tips if you want to become more engaging in meetings.

In life, however, you do not get a coach following you around. If you are fortunate, like me, you have had a supportive family, friends and mentors helping you along the way. Be slightly cautious with the feedback that you get from people who know you this may well be biased and unwelcome. Remember your goal might be different from what other people want you to do.

This is why it is important to have goals and then learn from the best. To do this you need a powerful sense of self-worth. If you are used to being a gigantic fish in a small pond you might have a closed mindset and are not keen to be open to learn from others. You may be intimidated and threatened by others, seeking to compete and not collaborate with a desire to remain 'the best.' However, if you are solely competing against yourself, you will be more self-assured and potentially keep an open mind to learn a lot.

YouTube Video of the Month



My [video of the month](#) has a bit about thinking and the importance of having room in your mind to take on new learning.

When learning anything, such as dancing, it is frustrating being 'told' you are doing something wrong. I believe however with an open mind, enthusiasm to learn and deliberate practice you can and will improve. Then you learn more about different genres and types of dances. Being able to then merge one style and one move with another is great. Overtime this is how dances evolves. This is also how you can incubate and develop great ideas by merging different disciplines and industries together, to generate your own impactful ideas.

X of the Month



Steve Andrews @SteveAndrews3 · Dec 4

You come to work & do your best. It's just that your best might look different each day as you change, as the world shifts, as others help or hinder. Imagine the chart is you, appreciate & forgive yourself. Imagine everyone else has a similar chart, appreciate & forgive them.



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Variation in performance is just part of being human as displayed by [@SteveAndrews3](#). If you have danced with me ever you will notice variation – but I always try to put my best effort in. In life put the 'shift in' and never give up!

I tend not to send Christmas cards, so consider this newsletter as my Christmas card to you, here is a link to a brief spontaneous [video featuring myself and a reindeer!](#)

Please forward this to your friends so they can sign up by [clicking here](#). Once again I will give £1 to a charity for each person who signs up from this newsletter being forwarded (maximum £100).

Website of the Month

<https://www.google.com/maps>

It is a classic and I am sure that you will have used this before. The street view function is useful. If you contribute to Google Maps you can build up (pointless) points but I believe help the greater good adding in opening hours and the like. Clearly with Google Maps when you go on holiday you get local intelligence about places you want to go to,

Merry Christmas and all the best for 2024!

Until next time,

Chris



CHRIS WEATHERBURN

Get the most out of your life!



Chris Weatherburn

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