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How To Communicate Effectively At Work

In the work place, it is absolutely critical to be as direct as possible, says Karen Friedman author of *Shut Up And Say Something: Business Communication Strategies to Overcome Challenges and Influence Listeners*. We have a tendency to be vague in our workplace discussions.



Effective communication requires us to be as to the point and concise as possible. You'll see immediate results applying this philosophy. Another tendency is to be long winded. Friedman suggests we aim to "hit the headline first." She says too many people are long-winded. Recognizing that your team does not need all the facts and details you have is helpful in getting to the point. Think about what the single most important point you need to make...and make it!

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10 Things Successful People Never Do Again



Dr. Henry Cloud discovered that there are certain realizations that people have in life and in business and that once they have them, they never go back to their old ways. Dr. Cloud asked "what are key awakenings that successful people go through that forever change how they do things, which propel them to succeed in business, relationships and life?"

Things Successful People Will Never Do Again:

- (1) Return to what hasn't worked - Whether a job or a bad relationship a successful person will never go backwards.
- (2) Do anything that requires them to be someone they are not - We must ask ourselves in everything we do questions such as "Why am I doing this?" "Does this fit me?"

[Click Here For Full List of 10 Things Successful People Never Do](#)

How Everything In Moderation is Wrecking

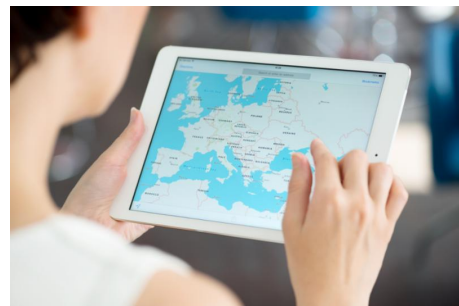
Your Diet



We have all heard the saying "everything in moderation." And, it seems especially appropriate when it comes to a balanced diet and maintaining a healthy weight. However a recent study published in the journal PLOS ONE indicates it may not be the best diet practice. In the study, researchers studied over 5,000 people and followed them for 5-7 years. The researchers tracked waist circumference and belly fat (the greatest indicator of heart disease and weight concerns). The study found that people who ate a little bit of everything were much more likely to gain weight and belly fat. In fact, those who had the most diversity in their diet had the largest waist circumferences at the end of the study - an increase of 120%!

[Learn Why Moderation Is Not Necessary Good In Your Diet](#)

3 Perks To Ask For Instead of a Pay Raise



Not everyone is motivated by money. And many businesses remain on tight budgets. There are creative ways to ask for perks without asking for a raise. These are also great considerations for leaders to offer their teams who are not driven solely by money. Studies show money is still the primary motivator, but these 3 other considerations are also motivating:

- (1) Flexible work schedule
- (2) Extra days off
- (3) Professional training

Flexible work schedules are becoming more popular. When the

right employee is given the flexibility to work from home, the result can be far more efficiency.

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