



SPEAKERS' CORNER NEWSLETTER



Better communication. Better connections. January 2011

Got a plan?

It's traditional in January to actively seek ways to improve ourselves and plan for new experiences! So.....

We've re-launched our website www.speakersco.co.uk. It is clear and simple to follow and gives you a complete run down of our current offering, a library of past newsletters and quote books as well as 2 FREE downloads on 'Writing a Speech' and '10 tips on Storytelling'. There'll be many more FREE downloads throughout the year.

We're off to Australia and New Zealand which will mark the 25th country Speakers' Corner will have worked in. It's an exciting time for us and we will share our stories with you on our return.

What are you planning?

“Success will never be a big step in the future, but a small step taken now”. Jonatan Martensson

How good is your Bounce Back factor?

You're all familiar with IQ and EQ but have you heard of RQ? It's your level of resilience or your ability to bounce back from life's set-backs. Can you learn to boost your RQ? Yes you can!

Luckily the distinguishing traits of the most resilient people are learnable. Here are the top 3:

1. Stop procrastinating! Cut your losses and take those difficult decisions and look to the future.
2. Reframe the problem. Look at it in a different light. What have you learnt?
3. Have a super-positive attitude to set-backs. What new opportunities face you now?

Professor Ian Robertson an organisational psychologist at Leeds University says: “Resilient people and organisations believe they can control what happens to them. So to improve your RQ you need to be in control of your destiny rather than at the mercy to it. You see it in car accidents, the driver will recover more quickly than the victim.”

Are you a victim?

“All we can control is our attitude when we step out on the pitch and if that is 100% and we are committed I'm happy” Matthew Upson West Ham FC

Deadline

Do you know the origin of the word 'deadline'? Apparently during the American Civil war, there were more prisoners than prison space and so the prisoners were herded together and a circle was drawn around them in the dirt. They were told if they crossed the line they'd be shot dead and so it became known as the 'deadline'.

"The best way to create the future is to predict it". Peter Drucker

A story - How markets work

The chief of a Native American tribe was asked in the autumn by his people if the winter was going to be cold or mild. Being a 21st century chief he had no more idea than anyone else, but in order to look knowledgeable he said that it was going to be cold and told the people in his village to collect wood.

A few days later he rang the National Weather service. "Yes, it is going to be cold" they told him, so he went back to his people and told them to collect more wood. A week later he called again, "Is it going to be a cold winter?" he asked. "Yes very cold". So he went back to his people and told them to collect every bit of wood they could. Two weeks later he called again. "Yes" he was told, "it's going to be one of the coldest winters ever". "How can you be so sure?" the chief asked. The weatherman replied "The Native Americans are collecting wood like crazy".

"I remind myself every morning: nothing I say this day will teach me anything. So if I'm going to learn I must do it by listening". Larry King

"Everybody can use a little coaching"

The highly acclaimed film, "The King's Speech" was for us as coaches, a wonderful example of how with preparation and support even the most fearful of speakers can rise to the big occasion. King George VI was a reluctant King and one of the reasons for his reluctance was his stammer which became pronounced when speaking in public.

Lionel Logue his Australian Speech Therapist first helped the King in a very practical way. Every speech was practised a number of times, the script marked for pauses and emphasis and Lionel taught the King to use the pause instead of a stammer.

But what Lionel also succeeded in doing was to build up the King's self-confidence and self-belief and so show him that he had a message worth hearing. At the end of the film, we see the delivery of 'The King's Speech' on the outbreak of World War II and can see for ourselves how King George had grown as a speaker

Speakers' Corner coach senior managers right through to CEOs. We discuss their individual goals and aspirations and together work out a plan of action. This may result in one coaching session or more. We work on the practical issues as well as self-belief and personal confidence.

"Don't tell people how to do things, tell them what to do and let them surprise you with their results". George S. Patton

Awesome or what?

Some web-sites continue to get better and TED.com has done that. Their home page offers an array of intelligent topics and uplifting speakers who will surprise and inspire you. All the presentations last no more than 20 minutes – they're in front of live audiences and you've got a front row seat.

We clicked onto a presentation by Neil Pasriche called "The 3As of Awesome". Neil's story is an inspiring one of how he coped with very difficult personal issues in 08/09. His solution was to find normal things in everyday life which could lift and motivate him to go forward.

He started a web-site www.awesomethings.com and blogged - his blogs resonated with other bloggers. Eventually his site had millions of hits and it was voted "Best blog in the World". After this success, he was asked to write a book "The Book of Awesome" which has been a bestseller. His story is an inspiration on overcoming adversity. For more visit TED.com for Neil's story and many more.

"Humility is the mother of giants; one sees great things from the valley; only small things from the peak" G.K. Chesterton

Share and share alike

The world economy grew by more than 5% last year, nearly ten times as fast as it shrank in 2009. In this last decade we've seen the fastest reduction in global income inequality because of the economic boom in the historically poorer countries. Emerging nations account for 1/3rd of the world's wealth but 2/3rds of its growth - every day China adds \$1billion to its asset base.

But what is growth? One definition is that it means fulfilling more needs and wants with a smaller amount of work. In 1900 a kilowatt-hour of electricity cost an hour of work for somebody on an average wage; it costs five minutes today. The root cause of growth is the mixing of ideas in order to supply people's needs more efficiently and nothing has brought down barriers to this mixing more than the internet. Not only are ideas shared but also innovations. Historical arguments about who owns an idea are less of an issue. This sharing of knowledge and ideas enables everyone to share in growth and its benefits - a virtuous circle of co-operation and collaboration which creates growth and which ultimately the experts say, makes the world a nicer place.

Are you sharing your ideas?

Good luck!

Barry Graham and Sally Clare

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