

Introduction

Welcome to my May 'information sharing' email.

This month I have drawn from a number of discussions with colleagues and clients. They talked about taking an alternative view; behaving and feeling differently; going beyond their boundaries. Sometimes these discussions related to wanting to achieve a different outcome at work or personally. The discussions were often about making a positive impact on collaborative relationships in the workplace. Questions included: how can I take a different perspective? What tips and ideas are out there?

Why take a different perspective?

Acting, feeling and thinking 'beyond our boundaries' results in taking a different perspective, or a different view on the situation we're in. We hear people talk about:

- * 'thinking outside the box'
- * 'stretching the comfort zone'
- * 'seeing it from my point of view'
- * 'operating at my full potential'
- * 'being creative'
- * 'thinking bigger'
- * 'stepping into their shoes'

It can be extremely valuable to go beyond our normal ways of doing things. Good things can happen. For example:

- * creative ideas, new insights
- * seeing the other person's point of view, understanding them
- * improved communications
- * improved self-awareness
- * new insights into a problem, situation
- * tolerance and empathy
- * unblocking blockages (projects, relationships etc)
- * peace and relaxation
- * problem solving

Tips for how to do this

I realise that this is a 'tip of the iceberg' topic, and that there are specialists in this area who have comprehensive solutions. My aim is to start the process of sharing a range of simple, practical tips and techniques you might like to try, which have worked for others. Here are just some tips for how to 'reach beyond our boundaries' of our usual thinking, feeling and behaving:

- * Think about a staff member one or two levels above you, put yourself in their place – what would they do?
- * Use a checklist of questions to prompt your thinking e.g. "Why is it done this way? Could this be done better? Is this good enough? What would happen if we did it this way instead? Who could I talk to and discuss this with?"
- * Seek out a colleague whom you don't know very well; get to know them and the work they do
- * Attend a meeting you wouldn't normally attend
- * Read a magazine, newspaper, email, or website you wouldn't usually read; find out what your colleagues read
- * If you are a talker, stop talking: listen, sit back in meetings and observe, breathe, relax
- * Read or attend courses about creative thinking tools

- * If you know colleagues/bosses who have undertaken personality and preference testing e.g. Myers Briggs, LSI, TMI (etc), meet with them and find out more about what they learnt. People often enjoy sharing their new insights
- * Meditate – it's very good for you
- * Sleep on it – before falling asleep, 'give over' a problem or situation to a team of 'experts' who will handle it while you're snoozing
- * Learn about mind-mapping
- * Make it a discipline to take time out to reflect, even if you are too busy
- * Dig into your personal beliefs – question them, argue with yourself
- * Go for a long walk
- * Follow your intuition; tap into it more often
- * Find a brainstorming buddy, make time to collaborate
- * Keep healthy and fit - it has a positive impact on your feelings and thinking
- * Move into a different 'state' e.g. before a complex meeting, or project, step into the 'being' that you want to be, and consider the outcome you want to have
- * Visualise different outcomes / solutions
- * Be a fly on the wall – get out of the detail, stand apart or above the situation, and notice what you see / hear / feel
- * Have a good old whinge – get it out of your system, BUT then think about replacing the whinge with positive actions for moving forward
- * If you're bogged down in the problem, step away and disconnect, either mentally or physically
- * Find a role model and understand how they do what they do
- * Take on a new challenge
- * Work with different people

Do you have your own tips?

There are many more ideas, experiences, tips, and I would be happy to create a collection of them. Please email me and I will publish your tips in a follow-up email in a few weeks or so. Let me know if you want to be anonymous, or would like your name against your tip. Send me your tip and note how it helped you. Send to: info@amandahorne.com.au

About this newsletter

My aim is to provide you with information to assist you at work, with your own development, and in developing your staff. The theme for 2004 is 'Building Collaborative Workplaces'. Each month I concentrate on an area based on topics raised by my clients. Material is drawn from journals, books, articles and shared experiences.

→ Add/Remove

If you would like to be added to or excluded from future newsletters please email me at: info@amandahorne.com.au

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