

Improving Employee engagement & Initiating Gratitude Strategies – With Lisa Ryan

The article presents inspiring insights and strategies from business tycoon and life strategist Lisa Ryan on overcoming career barriers, establishing success-boosting habits, understanding successful mindsets, and fostering positive workplace culture.

It's crucial for aspiring entrepreneurs or anyone seeking to accelerate their career journey and create a thriving work environment.

Implementing the exercises provided in this workbook will help readers practically apply Lisa's strategies to their personal and professional life, which can lead to greater success and happiness.

Quote to remember from the Interview

"Small hinges swing big. If you never take the time to do it yourself, you'll never experience those benefits."

What You'll Learn From the Activity

The questions and activities will help readers delve deeper into the concepts discussed in the article, fostering a better understanding of their personal and professional barriers and equipping them with actionable strategies for success.

Activity

Reflect on your own work life balance: are you able to disconnect from work in your personal time?

Mention a time when effective communication helped you overcome a professional barrier.

How do you reinforce positivity within your current professional environment?

What's one 'no-regret' decision you've made recently?

Name a gesture or event at your workplace that made you feel appreciated. How often do you 'scout for goodness' within your surroundings? How can you make it a daily practice?

Do you possess a growth mindset or a fixed mindset? Be honest.

Can you remember a situation where your mindset influenced its outcome?

Pen down three things you are grateful for today.

Do you keep a gratitude journal? If not, start one.

How does your workplace encourage employee appreciation?

Name three ways you can foster a culture of appreciation within your organization.

Reflect on your 'AHA' moment from this conversation.

List two lessons from the interview you can immediately implement.
Do you agree with Lisa's notable quote? Why?

Read Carol Dweck's book - "Mindset: The New Psychology of Success".
Write a one-page reflection.

Visit the website of Lisa's company, Unblinded Sales Mastery. Is there a tool/section you believe can contribute to your business growth and why?

Identify three areas in your professional life where small changes can make a big impact.

Echoing Lisa's sentiments, write down your own definition of success.

Reflect on how this interview has reignited/challenged/changed your views on entrepreneurship/career.