

FEARLESSLY AUTHENTIC



Heels of
INFLUENCE

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From the Editor

Welcome to the very first edition of the monthly newsletter "FEARLESSLY AUTHENTIC". This month, we look at **PLAYING YOUR CARDS RIGHT**. As the globe moves away from the norm, the new starts to take precedence. However, in a society that is driven more by culture than new norms, conflicts arise out of this transition and it becomes imperative to learn how to navigate this transition for one's success and growth. As the new gradually becomes the normal, the gap closes to form an innovative and vibrant society for everyone.

- Oge Funlola Modie

PLAYING YOUR "CARDS" RIGHT

The acronym **CARDS** refers to managing your **Composure** and ensuring you keep the right kind of **Attitude** in your sphere of influence. These first two help you manage your **Relationships** and allows you to provide valuable advice exhibiting a **Drive** without prejudice or judgment which ultimately produces a **Solutions minded** individual and society.

Let's break it down:



Will this matter in 10 seconds, minutes, hours, weeks, etc?

Emotional intelligence is all about managing yourself well enough that managing others becomes easier. Maintaining a calm composure in the face of aggressive or hostile environments is key to successfully navigating conflicts and coming out on top. I use the Suzy Welch 10-10-10 method to evaluate tricky situations. Will this matter in 10 seconds, 10 minutes or 10 hours etc? If it won't, chuck it away! Become mindful of your reactions to situations and learn to manage emotions better.

1 COMPOSURE

3 RELATIONSHIPS



Create the right and strategic relationships around you. In an office, know who the influencers and powerbrokers are. It has been said often a person's network is their net worth. Don't be a people pleaser, be your authentic self and that means working on Composure and Attitude — if you have a calm but amiable composure, you will be approachable. This helps in building strong relationships within your sphere of influence. Build relationships on respect, faithfulness and loyalty. These are very scarce currencies. Love People, Trust God- my motto!

2 ATTITUDE

Learn to maintain a positive attitude. To help with this, surround yourself with things that make you happy. Create a personal space where you can go and recharge. I create my space wherever I go; my space has music, journals, colour pens, scented candles, candies and a novel. Stay away from negative situations as much as you can. If caught in one, diffuse with a joke, calm response or just walk away. Have an anchor song that keeps you energised; mine is Titanium by Sia, some people like spiritual music or jazz, find your beat and stick to it. Most of all, always wear a smile, it helps both you and the person you are with and introduces cheer into the environment.



4 DRIVE

Be driven. Never give the excuse you can't. Everything is possible! Never stop learning. Read up on new things. Volunteer on new projects, start something new. Even if things seem to be moving slow, provide energy and innovative ideas. Never say 'oh they don't appreciate all my hard work' — still work hard, release all that creative energy.



5 SOLUTIONS MINDED

In a world that has become very critical, be the one in the room with light, look for the solutions, look for the way out of a problem. Don't join the crowd of naysayers. Be positive that this too can be worked out and go for it. Approach every problem with a solution and not a criticism. Be constructive if you want to criticise, start with the positive parts of the project, then move to what isn't working and finally move to your suggestions and offer help.



Heels of Influence is a space for the everyday woman. This space encourages storytelling, history, changing narratives and being the authentic you without fear.

Please write in to share your stories

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How do you start?

COMPOSURE *First do a personal diagnostic*

- 1 Ask a close friend (your spouse, sibling, best friend or even a work colleague) to help you discuss your possible reactors - what things do you react nicely to and what do you react negatively to? →
 - 2 Write these down →
 - 3 Then write down what your typical reaction should be (best possible outcome) ←
- 4 Practise**

ATTITUDE *(Re)Discover Self*

- 1 What do you like in your personal space? →
 - 2 Make a list →
 - 3 Get them in there- positive little favourite things →
- 4 Enjoy!**

RELATIONSHIPS *Live and Love*

- 1 Practice greeting people with a friend or just in front of a mirror (if you are a shy one like me) - smile, laugh, speak →
 - 2 Learn not to take things personally, forgive easily- it leaves your heart and soul open to receive from God →
 - 3 Find conversation topics that are engaging (politics, entertainment, industry etc) ↓
 - 4 Read up on these issues, make yourself current ←
 - 5 Go out, create relationships outside of work so you can have a balanced view and advice from an objective party when things are not going well at work. You also will be current with what is happening outside of your immediate sphere. ↓
 - 6 Be yourself, no one likes a fake friend! Be honest and true to self and others →
 - 7 Show genuine care →
 - 8 Do TGIF office gigs- it builds relationships ↓
- 9 Celebrate each other**



Oge is an author, speaker and coach. She is involved in causes for women, young people and the vulnerable. She loves to read comics, watch comedy flicks, listen to music and play golf. Shares her love threefold- Love for God, Love for People, Love for Country.

DRIVEN *Have Energy*

- 1 Read - an open mind is an exposed mind →
 - 2 Be helpful →
 - 3 Join new projects →
- 4 Learn new things (Be humble)**

SOLUTIONS MINDED *Innovate! Innovate! Innovate!*

- 1 Before you criticise - STOP, take these three steps:
 - What is the good in the work done? PROJECT THE GOOD
 - What are the things that you are not happy about? TALK about it
 - What can be done better? ENUMERATE them and OFFER your help
 →
 - 2 Look up the new and interesting things happening in your industry →
 - 3 Look for ways that the firm can grow ↓
- 4 Be hungry for knowledge**