



4: Develop Better Connections with Everyone You Meet

What would it mean to you if you were able to connect with anyone more effectively than you do right now?

EVERYONE you'll ever meet is just like you – same concerns, preoccupations, worries and joys. Once you realise that people do the things they do because they believe it'll make them happy, it becomes MUCH easier to deal with people, even the difficult ones.

Do



- [Watch the 'Nudge' video for session 4](#)

Think



- If people were working through the 'Best Boss/Worst Boss' from session 1 using you as an example, how would you like them to say you make them feel?
- Is having the sort of impact your Best Boss had upon you worth a little effort in learning to show up more intentionally?
- Repeat the journaling exercise using the prompt "*When people walk away from me, I'd like them to be feeling...*"

Act



- To repeat the 'Just Like Me' practice download the free 'Insight Timer App' that is [available here for iPhone](#), and [here for Android phones](#). Search for 'Genos' and you'll see a recording of this powerful practice.