



1: How to Connect with Anyone

Now that you know that how you ‘show up’ is important, so what?

In the first session, it became clear that the way we ‘show up’ – the behaviours others see us demonstrate and the emotion we bring into the room – is critically important to the impact we have on people.

Do



- [Watch the ‘Nudge’ video for session 1](#) on your program page

Think



- What energy do I bring into the room?
- What version of me do the people I interact with daily see?
- What is the ‘Best Self’ I’d like to bring to everyone in my world?
- Am I being intentional about the way I ‘show up’?

Act



- Set an intention for yourself to do at least one thing differently to make some change you are **certain** will improve your impact.
- Write it down: “*I intend to...*”
- Set up a reminder, something to help you remember to do this daily (e.g. Post It, diary reminder, phone alarm or screen saver etc.)