


HOW TO HIDE YOUR GOAT



Jennifer Thompson
Manager, Recruitment, Admissions
& Information Center Service

GOAT GOALS:

- The *me*Factor
- Strategies for success
- Getting on board

KNOW THYSELF

- It's all about ME
- Understanding personality and communication styles can help improve office dynamics
- Everyone (including you) is someone's difficult person
- What is SELF?

SOCIALS & LIKEABLES

Our Right Brain Group

- Random
- Intuitive
- Holistic Synthesizing
- Subjective
- Looks at the Whole picture



EFFECTIVES & FACTUALS

Our Left Brain Group

- Task - Oriented
- Intrapersonal
- Logical
- Needs Order
- Detail - Oriented





Q-Tip Principle



Conflict and consequences can be good.



GOAT HIDING STRATEGIES

- Breathe
- Recall
- Math
- Coping Statements



HELP YOURSELF

- Do NOT avoid conflict
- Respect everyone's values
- Avoid defensiveness & blaming others
- Be prepared with specific examples
- Focus on the facts
- Don't seek allies
- Stop the fight or flight mechanism



GETTING OUT OF IT ALIVE

- Reduce day to day irritations
- Gives clarity to values, opinions and goals
- Clears misperceptions
- Increase cohesiveness of the team
- Leads to better decision making
- Encourages positive change
- Increases productivity
- Improves trust



KNOW THY GOAT





**REMEMBER:
DON'T LEAVE YOUR GOAT OUT LAYING ABOUT
FOR EVERYONE TO SEE.**
