

Be There™

Discuss as a Group:

1. What hidden talents can you bring to work so that all of you comes to work everyday?
2. What attitudes or actions will show customers and colleagues that you are truly being there for them?
3. Energy is contagious - How are YOU going to Be There for people in your library and how can you help others “Be There” with you?
4. What could you wear or put on your desk or think about to help you Be There?

Encourage Being There in Staff Meetings:

- In a staff meeting, have people turn to their neighbor and tell them their favorite book and why they like it. Sharing something of yourself changes your relationship with others.
- Have staff members write something about themselves that they are proud of, a skill others don't know about. Post the cards and let people try to match the cards with their owner. Have people think about how they can incorporate their hidden talent into their work lives.

Individual Being There Practice

1. If you're distracted at work, take a few minutes to focus on what you're distracted by. Maybe write it down or say it out loud so you can get it out of your head and get back to focusing on work.
2. Try listening to a piece of music when you're feeling low or visualizing a favorite place or activity.
3. Try not to think about your reply while your co-worker or customer is still talking.
4. Wear something that reminds you of who you really are or how you are being when you like yourself the most.