

ADMINADVANTAGE

The Exclusive Online Magazine for Administrative Professionals

December 2017

10 Tips for Fighting Boredom at Work

FEATURES:

Developing Self Worth - Tips for Being True to Yourself
69 Do's and Don'ts For Successful New Year Resolutions!
Your Four Abilities of Workplace Respect

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Developing Self Worth

- Tips for Being True to Yourself

By Deb Hawken

There was a time in my life that I was considered to be a complete idiot by just about everyone who knew me. I was the 'family nervous wreck', the constant worrier that my ex-husband had married, the idiot in a miserable relationship who didn't have the courage to walk away, and a hypochondriac. I had exactly two people on my side who knew the real me, the rest were alternately rolling their eyes and laughing, not always behind my back. ►



Now I'm not just talking some people, or any old random people. I'm talking about my own family, my so-called friends, and my work colleagues - who I now realize were amongst the cruellest people I've ever met. Close people who were in my life every day. I did have some good people too. Two extremely supportive friends, my amateur dramatic group, and my parents-in-law, who were my greatest supporters. Fast forward to today, and if you met me you wouldn't believe that I was the same person, and in truth I'm not. Which is exactly where I'm going to start:

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TIP 1 - BECOME SOMEONE ELSE ▾

If you want to change your life in a real way you must be prepared to change as a person. Whatever has sapped your confidence, self-respect, and self-worth, must be changed. Now, you can make cosmetic changes, such as a new relationship or a new job, but if you don't make deep inner changes to the person you are, you will still fall into the old patterns. I think, act, and am a completely different person to the one I described to you above.

Suggestion: Don't think of your character as set in stone, think of yourself as work in progress, and very much in charge of that process. You can change your character any time you wish, and if you do your thoughts, actions and reactions will change.

TIP 2 - TAKE CONTROL OF YOUR THOUGHTS ▾

Your mind is not a runaway train in your head, nor is it a nebulous object floating somewhere outside your reach. Your mind is in your head and under your control. You can choose what you think about every minute of every hour of every day. And the type of thoughts you think will change how you feel inside. The more you practice good, positive thoughts, the better you will feel. Happy people feel stronger, and they have more energy for life, as such they are better at tackling challenges than people who are emotionally and mentally exhausted by sad and difficult thoughts.

Exercise: Every time you think of something that makes you feel miserable, angry, or sad, make a conscious decision to stop and think about one of the happiest times of your life. Create that memory in as much detail as you can, feel how happy you felt at that time. Do this every time you feel negative.

TIP 3 - STOP LISTENING TO OTHERS ▾

The world and its brother will have opinions about you, but if you want to rebuild yourself into a person who has self-worth, via self-confidence and self-respect, then you need to pull back into yourself and start making your own decisions. Yes, maybe you were a certain person yesterday, but as of now, as you are reading this, you have just changed. It's vitally important if you are to succeed, that you own this fully as your process. For the first time in your life you are going to consciously define you.

Remember: Those confident people you envy have made up their minds who they are, and whilst they have the confidence to listen to others, they only take on board what they hear if it feels right for them to do so. As of now, you are one of those people.

TIP 4 - THE A, B, C LIST ▾

I was taught this years ago and the concept has served me well. You need to assess the people in your life at every step. This is not to say judge them, but make self-protective

TRAINING

decisions about the people you know. We humans have a tendency to declare random people to be friends, and to believe that our close family will love and like us no matter what; sadly this is often not the case. However, with no lack of love towards fallible human beings, you must make strong decisions about who you listen to.

A List: People who you trust completely to have your best interests at heart. They know you very well and are honest but supportive. You will always listen, and more than likely act on their advice.

B List: People you like, you may come to trust them fully, but you're not sure at the moment how well they know you or how loyal they are, so you will listen but make a judgement call.

C List: They are not your tribe, they don't have your best interests at heart, and you will not listen to them.

If you use this idea, you will find it much easier to be yourself. And that is the key to self-worth.

TIP 5 - BREATHE AND FORGIVE ▾

There are 7 billion people on this planet, not one of whom is perfect. Sad as it is, if you research you will discover questions around even the greatest of spiritual leaders, such as Gandhi, Martin Luther King, and Mother Theresa. Like us they were human, and like us, not everyone



TRAINING

agreed with them. So, it's important that you relax, stop beating yourself up for the mistakes and missteps of the past, and allow yourself to be an ordinary human being.

Thought: One of the biggest blocks to creating self-worth is to keep going over every mistake you've ever made. There comes a time to say, "What's done is done" and move forward. Now is that time.

Developing Self Worth

- **The tips I've given you above are the foundations for building a new you who trusts and likes themselves. We all have:**
- **The flexibility to define who we are**
- **The ability to control and direct our thoughts**
- **The capability to block the negative emotions of others**
- **The observation skills to be able to decide who we trust**
- **The need to forgive the past and move forward**
- **Next, we need to get real.**

People have all kinds of fancy theories as to what self-confidence and self-worth are, and I would suggest to you that these two things are inextricably linked, and together create self-respect and inner strength, but we need to deal with your reality.

The reality is that if you feel bad in any relationships, if you're surrounded by people who don't fully support you, if you hate your job,

your face, your figure, your home, your car, and your romantic life is a disaster, you will not find it easy to gain self-worth.

However, if you're prepared to change those things one step at a time, and to get real about how you feel about your life, and act on your inner truth no matter what anyone else thinks, you have an excellent chance of changing your life completely, and for the better.

In changing you, you will by default change your life, and then the sadness that's been eating away at you for far too long will be removed. I will follow up in the next couple of days with an article called Consciously Creating Self Worth To your happiness. 

Deb

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Author

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New Years Resolutions®

69 Do's and Don'ts For Successful New Year Resolutions!

By Kim Simpson

Do you know where your New Year Resolution Is? It's a great question to ask as you enter the last quarter in 2008. Have you made steady progress toward achieving your dream, or is it languishing on the back burner? On January 1 perhaps you hammered out a list of 20 things that you hate about yourself and your life, resolved to change, then gave up in a fit of pique because progress was just too hard and slow - too many tough resolutions and too few goals about which you had true interest and desire. I firmly believe that specific notion holds a key to success if you want to achieve New Year Resolutions: Rather than harnessing yourself with a laundry list of bad habits, choose just one dream that you truly want to achieve in this lifetime and focus all of your attention and passion on that one dream. ►

LIFESTYLE

If you have a dream that you would love to pursue, and it's simmering on the back burner, you don't have to wait until New Year's Day to get started. Get moving now and you will get a jump on the New Year. Make a decision to 'go for it', build a plan that will take you to the finish line, and take one small step toward achievement each and every day. Use the start of the school year as a launching pad that will propel you toward the New Year. Begin building your momentum now! The first day of Autumn is a great beginning, or the first day of Spring, or your birthday, or the first day of Summer . . . you get the idea. Virtually every day is a wonderful opportunity to begin working toward your beloved dream by turning it into a specific one sentence resolution, and making that resolution a reality with daily goals. That's the I Resolve To . . . Formula For Success: Dream + Resolution + Daily Goals = Success, Reward and Achievement!

With that in mind, as you mull all the many large and small things that you would love to do, achieve, learn, create, see, be, have, feel, experience in this lifetime - your 'Lifetime Resolutions' - it is also important to think about the 'who, what, when, where, why, and how' involved in making and keeping that one special resolution - that dream on which you are going to focus all of your attention. Making and keeping resolutions requires much more than a wish, a hope, and a notation on the back of a cocktail napkin on New Year's Eve. Making and keeping a New Year Resolution takes planning, patience,

persistence, courage, commitment, and above all - days, months, and years of hard work. When you enjoy the journey as much as the destination the hard work is worth it!

Bottom Line: If you truly want to make and keep a New Year Resolution, have no fear - it doesn't have to die a sudden, certain death midway through January. The right resolution - one about which you have enormous desire, passion, and interest - and the right approach, system, and attitude, can bring great joy, achievement, and reward. It's time to strap on your thinking cap, do some daydreaming, brainstorming, plotting, and planning. In addition to noodling about the 'perfect resolution for you' - consider these I Resolve To . . . Do's and Don'ts, which can help to keep you motivated and moving in the right direction day after day:

I Resolve To . . . Do's:

- 1. Dare To Dream about all the wonderful possibilities.**
- 2. Decide To 'Go For It'.**
- 3. Define your dream in one specific sentence that answers 'what and why'.**
- 4. Develop A Plan that includes short and long range goals, timelines, milestones, and answers the question 'who, when, and how'.**
- 5. Do It Daily - one goal, one day at a time for one year.**
- 6. Make just one large, life-altering resolution, not 10 major resolutions.**
- 7. Make just one large, life-altering resolution about which you have great desire and passion.**
- 8. Focus like a laser on that one resolution.**

LIFESTYLE

9. Make a few mini-resolutions to keep things interesting and keep the momentum going.
 10. Keep a Daily Resolution Diary that measures progress, and charts next steps and rewards.
 11. Maintain a 12-month calendar to schedule daily goals, track milestones, and map your plan.
 12. Set deadlines for goals, but don't beat yourself up if you fall behind - revise plans instead.
 13. Be realistic about what you can achieve each day, week and month, then set realistic goals.
 14. Visualize the desired outcome daily, make it a priority, and keep it front and center.
 15. Wear your resolution, tape it to your mirror, carry it in your wallet, or put it on your screen saver.
 16. Enlist the support of friends and family members.
 17. Tell the world!
 18. Do your homework: Knowledge is power and continual learning will promote progress.
 19. As plans change review the 'who, what, why, when, where, and how'.
 20. Be flexible and willing to make course corrections.
 21. Think ahead and plan for obstacles - brainstorm a way around.
 22. Life is full of 'Overtaken By Events' days - OBE - be flexible, prepared, and willing to compromise.
 23. Believe in yourself, your talents, abilities, and your dream, resolution, and daily goals.
 24. Stay focused - keep your eye on the prize, what you plan to achieve - at all times.
 25. Find a mentor who can lend support, advice, and leadership through both smooth and rough sailing.
 26. Join a club - surround yourself with folks who share your passion and can lend motivation and support.
 27. Take a class - increase your knowledge.
 28. Start a blog - write daily, and build or join an online community filled with like-minded folks.
 29. Be a mentor - learn by doing, teaching and leading by example.
 30. Just show up - some days showing up is all it takes to make progress and build momentum.
 31. Get organized and stay organized.
 32. Be patient, passionate and persistent.
 33. Remind yourself daily about your accomplishments and reward yourself.
 34. Remember some daily progress is better than 'no daily progress' or not pursuing your dream at all.
 35. Know your strengths and use them effectively.
 36. Know your weaknesses, embrace them, and learn how to overcome them.
 37. Be willing to work hard and stay committed through good times and bad times.
 38. Have fun and enjoy the journey.
 39. Be grateful for all you have and all you are - 'give back' with kindness and charity!
 40. Be determined and diligent - stay positive and maintain your optimism.
 41. Do what you love, love what you do each and every day.
 42. Be a Resolutionista: Make resolutions, keep resolutions and enjoy the journey!
- I Resolve To . . . Don'ts
1. Procrastinate.
 2. Give in to fear of success, or fear of failure.
 3. Get overwhelmed, or discouraged by setbacks.
 4. Grow weary, bored, or burned out.
 5. Give Up!

LIFESTYLE



6. Make a long laundry list of things that you feel you should change, but lack desire and interest to make the changes a reality.
7. Make a resolution for someone else.
8. Make the same resolutions year after year with zero progress.
9. Set the bar too high by having unrealistic expectations.
10. Beat yourself up for mistakes, unrealistic expectations, and unrealistic goals - re-plot your course instead.
11. View failure as a negative experience - grow and learn from it, then move forward.
12. Expect something for nothing - gain with no pain.
13. Go it alone.
14. Let bad attitude stand in your way - think about your moods and actions.
15. Check-In infrequently - failing to track progress, milestones, and timeline deadlines is a recipe for confusion and in-action.
16. Set unrealistic daily, weekly, and monthly goals.
17. Lose motivation and momentum from lack of planning - plan ahead, and know your goals for tomorrow and the next day.
18. Lose focus, flexibility, or faith in yourself and your

dream, resolution, and daily goals.

19. Lose patience, passion, persistence, or your positive attitude.

20. Forget your primary objective - 'why' you are pursuing your dream, resolution, and daily goals.

21. Expect overnight results.

22. View your dreams, resolutions, and daily goals as a chore.

23. Let negative friends, family members, or colleagues stand in your way - find a way around.

24. Let obstacles stand in your way - know when you are creating your own obstacles.

25. Live a life of regret for what you could have seen, done, achieved, created, been, experienced, and conquered.

26. Let anyone tell you, you can't achieve your dream - with the right attitude, you can and you will!

27. Lose your 'fire in the belly'.

There is plenty of time between now and New Year's Day 2009 to take meaningful action. Start dreaming, planning, plotting, and brainstorming about 'doing what you love and loving what you do'. Pull out your journal, review your Lifetime Resolutions, and choose the one that will add joy and reward to your days, then 'go for it'!

Remember: I Resolve To . . . Achieve My New Year Resolutions, One Resolution, One Day At A Time For One Year. It's your choice. Do it today. Turn your resolution into reality in five simple, common sense steps: Dare To Dream, Decide, Define, Develop A Plan, and Do It Daily. Make your resolution a permanent Lifetime Resolution,

something that's with you for good! Above all, Be A Resolutionista, someone who makes resolutions, keeps resolutions, and enjoys the journey! Let's Go For It! 

Kim Simpson, a former journalist, provides communications, fundraising services and strategic planning, for Members of Congress, non-profit organizations, corporations, and associations in the Washington, DC Metropolitan Area. A self-employed entrepreneur, with more than 25 years of experience, she launched IResolveTo.Com in 2005 in an effort to help others to achieve their New Year Resolutions, Dreams and Goals. Her motto is: I Resolve To Achieve My New Year Resolutions, One Resolution, One Day At A Time For One Year." Let's 'Go For It'.

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WORKSMART

10 Tips for Fighting Boredom at Work

By Brandi Britton, OfficeTeam

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Q: What do people do when they're bored at work?

A:

- “Have rubber band battles with coworkers.”
- “Make grocery lists and cut coupons.”
- “Work on the book I’m writing.”
- “Play online games.”
- “Pay bills.”
- “Do crossword puzzles.”
- “Play ping pong.”
- “Doodle.”
- “Act like I’m interested in the work and meetings.”
- “Daydream.”
- “Look for other jobs.”

Sure enough, these were among the responses to a recent OfficeTeam survey (<http://rh-us.mediaroom.com/2017-10-19-WAKE-UP-CALL-Survey-Workers-Report-Being-Bored-More-Than-10-Hours-a-Week>). Workers also said they’re bored an average of 10.5 hours a week. That’s a lot of time spent not being engaged! And while 45 percent of professionals are equally bored throughout the year, another 28 percent said work is most tedious during the winter.

According to 28 percent of senior managers, the main reason for these doldrums is staff not being challenged by assignments.

There’s no getting around it. Even if you love your job, there will be times when you’re bored.



Sure, your days are usually so busy that you wish boredom were a problem. But once in a while you run out of tasks, or you grow weary of the repetition. There's not a whole lot you can do about drawn-out staff meetings, but you can fill your day when you find yourself with extra time on your hands. Here are 10 boredom-buster ideas:

1. Make MS Office templates. Maximize efficiency and minimize mistakes by creating templates in Word, Excel and PowerPoint. Yes, you could simply "Save As" a previous file and give it a new name, but then you run the risk of missing something important, such as not changing the date on meeting minutes. A template forces you to fill in the blanks with the most recent information, all while keeping a consistent look and style.

2. Become savvier about the company and its field. Read press releases, annual reports, industry blogs and newsletters. Talk to veteran employees. Research your employer's competitors. Be a sponge and absorb information so you can better anticipate your boss's needs, think creatively and have answers at the ready.

3. Sharpen skills. Ever wish you were better in Microsoft Office or knew more about bookkeeping? When you're bored, work on a tutorial or watch a webinar. There are many free resources online. Even if a course costs money, chances are good your employer will pay for it if it's relevant to your job. Adding new skills not

only makes you a more valuable employee, it reduces the chances you'll be bored at work.

4. Deepen workplace friendships. In your downtime, get to know your colleagues better. Engage in small talk by asking questions about their family, outside interests and so on. Having allies gives you a support system when you're stressed, and even the most repetitive and boring task goes by faster when you're doing it with friends.

5. Take on challenges. One sign you're outgrowing your administrative job is when boredom is more commonplace than enthusiasm. If this sounds like you, see how you could make your current role more interesting. Let's say your boss isn't happy with how much a freelancer charges to create the in-house newsletter. You just happen to have a background in writing and design. Propose that you take over this task, which would save the company money and give you an interesting ongoing project — a win-win.

6. Volunteer. Many businesses have a corporate social responsibility (CSR) component where they give back to the community via employee service projects. Bust boredom by getting involved. Not only will you help make the world a better place, but you'll also boost your career by increasing your in-house networking and being seen as a team player.

7. Tidy your work area. Whenever you find yourself with nothing to do, organize your desk.

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Tackle one area at a time so you don't get overwhelmed. For example, start by decluttering and vacuuming the catch-all "junk" drawer. Then remove everything from the desktop and give the surface a good wiping down. Don't forget to clean the computer screen, keyboard and mouse. As you put back items, consider going the minimalist route so your work area holds just the items you use frequently. Everything else should be out of sight.

8. Tackle papers and files. Nobody really loves to file, but it has to be done. When you need something to do, go through your stacks of paper and find them homes, be they the filing cabinet, recycling bin or shredder. Better yet, see if you can digitize or archive some papers you want to save so they don't take up valuable real estate in your workspace.

9. Get up and out. Many of us while away downtime on our screens — online shopping, Instagramming, reading the news or texting. But rather than always sitting, think of something to do that involves physical activity. You could run to the post office, bring back lunch for the office gang or hand-deliver a package rather than sending it through interdepartmental mail. A change of scenery is great for alleviating boredom.

10. Take an exercise class. If you're lucky enough to work for an employer that offers midday yoga or strength-training sessions, take advantage of them. Otherwise, find a nearby gym or YMCA

that offers fun classes you can fit in during the workday. As long as you remain efficient and productive at your job, most employers encourage personal fitness and healthy work-life balance.

You don't have to be bored at work. In fact, the people around you — your boss, your colleagues, maybe even senior management and human resources — are watching to see what you do when you have extra time on your hands. So make the most of the gift of boredom to take your administrative career up a few notches. 

Brandi Britton is a district president for OfficeTeam, the nation's leading staffing service specializing in the temporary placement of highly skilled administrative and office support professionals.

OfficeTeam has 300 locations worldwide and offers online job search services at roberthalf.com/officeteam. Connect with us on Facebook, LinkedIn, Twitter, Google+, Pinterest and the OfficeTeam blog.

Your Four Abilities of Workplace Respect

- Essentials For Complete Respect in the Workplace

By J. Bert Freeman

Respect is at the core of relationships and relationships are what make today's families, businesses and organizations work. When respectful behavior is exercised toward others under any circumstances, it adds value and meaning to relationships. ►

WORKSMART

In a conversation about respect in the workplace one day, a colleague, Nick Cirilli asked a very simple question. “Where is the line? How far do I go with my comments toward or about someone else?” Many times when we have strong differences of beliefs or opinions with people or we want to make people pay for what they did, we feel that we have a ‘perfectly good right’ to say anything that we want to them, and/or about them. We even go as far as getting other people and friends on our side. Sometimes those feelings are so strong, that it would probably take more than anything that I could tell you for you to be respectful anyway.

I have often been in situations in which I wanted to make someone pay for what they did so much that I felt absolutely justified to say anything that I wanted to them and do everything that I could to get others to feel the same way. However, as I learned more about respect, I realized how much I could be in control of what comes out of my mouth. I would love to say that I am the perfect example of how to respect everyone. Truthfully?? I have to work at it and there are times when it requires more effort than others. I can say that I have improved significantly. I do know that when I get to the name calling or language that could take away the esteem of another person, I have gone over the line. I call it the “Cirilli Line”. I am also learning to help people to PLAY rather than making them pay - educating someone on how to be more respectful in a way that we can work together more productively.

Respect is also an essential part of strengthening organizational unity. If you have a rule of only respecting those who respect you, you limit the opportunities to bring the best out of people. However, if you always exercise respect for everyone whatever the circumstances, you set yourself up to take advantage of the creativity and productive decision-making that moves things forward. When you label people, you look for the label that you give them. If you call someone ‘selfish,’ for instance, you may recognize that one characteristic in the person enough to hide other qualities or motives that may help or impress you. Take the label away. That gives you the power to set up a productive relationship that works.

Exercising workplace respect also means to interact in ways that contribute to maintaining and respecting the self-esteem of others. It means harnessing the power that you have by using respectful language when speaking of others. It means being an example for speaking to and about others.

True expressions of workplace respect include respecting others when they are out of our sight, the same way as if they are in our presence. If you want to talk about someone or a group, make sure it is okay to talk about them or to poke fun or to call them names that could take away from their self-esteem. If you question whether it would be okay to talk about them

that way, it is best to be quiet. Of course, you can take a minute to ask. Most important, rather than putting conditions on whether you will treat others with respect, respect others anyway, whether they are in the room or out of the room.

Workplace respect includes two other considerations:

1) the Golden Rule: Treat others the way that you would like to be treated. Whenever you have strong differences of opinions or beliefs, you can use the Golden Rule.

2) The Platinum Rule, according to Dr. Tony Alessandra and Dr. Michael J. O'Connor (The Platinum Rule 1998):

"Do unto others as they'd like done unto them." Sometimes people just want their names spelled correctly or they just want a 'fair chance' or they want to be valued customers. Treating others the way that they want to be treated is the expression of your respect for the values and needs of others in your daily interactions. Therefore, workplace respect includes your use of four abilities:

- Respect everyone anyway
- Respect everyone whether they are in the room or out of the room
- Treat others the way you would want to be treated
- Treat others the way that they would want to be treated

They are called abilities because you can control your interactive behavior and what comes

out of your mouth. Using those abilities helps you to successfully manage your interactions with others. As you get better, you become a model for others to follow with the surprise consequence of increasing the respect that others have for you and around you, sometimes just because your respectful behavior is so impressive. When differences do exist, remember the skill to 'help people to PLAY rather than making them pay'. **A**

J. Bert Freeman is a positive direction facilitator, speaker and coach.

He is the author of Taking Charge of Your Positive Direction. He founded T.A.L.K. Associates, a learning and development company, in 1987. Since then, he has been providing programs and expert assistance to organizations and individuals in matters of organizational unity of effort, workplace respect and leadership development.

He has a Bachelor's Degree in Engineering from the U.S. Naval Academy and a Masters Degree in Human Relations from Golden Gate University.

J. Bert Freeman is also a former Olympic fencer and U.S. National Champion.

Chicken Stew Recipes - Easy & Quick To Prepare!

By Nathalie Sanders

These chicken stew recipes are easy, quick and delicious. Just check these out and I'm sure you'll be amazingly surprised. ...so put your hat on and get ready for some quick easy chicken stew recipes: ►



Chicken Ratatouille Stew

What you need:

- 4 Chicken breast halves; skin -- bone, 1 cube**
- 1 Jar spaghetti sauce -- (30 ounces)**
- 1 medium Eggplant; peel -- chop coarse**
- 2 Tomatoes -- chop coarse**
- 2 small Zucchini slice**
- 1 Green bell pepper -- 1 pcs**
- 1 large Onion - chop**
- 3 Cl garlic - mince**
- 1 teaspoon Dried basil leaves**
- 1 teaspoon Dried oregano leaves**

In large bowl, combine all ingredients; mix well.

Pour into 3-1/2 to 4 qt crockpot. Cover; cook on LOW for 8 to 10 hours or until chicken is tender and no longer pink.

Cut chicken and sausage into bite sized pieces. Add onions, peppers, celery, potatoes, picante sauce & broth. Cook of 1 to 1/2 hours or pressure cook meat for 10 minutes then cook all ingredients for 30 minutes.

Do you like chicken picante? These are great. See below the simple recipe that I have prepared for you.

Chicken Picante Stew

What you need:

1 pound kiebasa, lean - chopped
1 pound chicken breast, no skin, no bone,
R-T-C - cut in 1 piece
32 ounces chicken broth
24 ounces picante sauce
1 bell pepper - chopped
1 cup celery - chopped
4 potatoes OR - diced
1 3/4 cups rice

Cut chicken and sausage into bite sized pieces. Add onions, peppers, celery, potatoes, picante sauce & broth. Cook of 1 to 1/2 hours or pressure cook meat for 10 minutes then cook all ingredients for 30 minutes.

That's it for today! If you want more chicken stew recipes just check below:

Nathalie Sanders is a chef mom. She reveals her delicious recipes and up-to-date cooking tips in a very famous newsletter: Quick Easy Recipes Secrets. She is also a fan of Secret Restaurant Recipes. You can grab a copy here: [Copycat Recipes](#).

Sudoku

					6			
	4				7			
	3	8				5	1	
5					4		2	7
			8			4		
9						6	3	
		6	3					
					7			
9	5						4	

