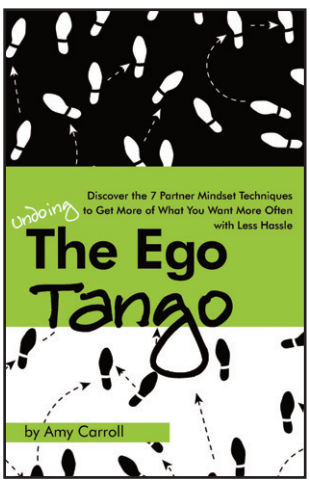
Discover Your Moment of Truth

The Whiner and the Wine

Assignment 4

Print the following pages or complete the assignments on-screen.



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Moment of Truth

Partner Mindset Technique No. 3

Pretend Not to Notice

Who in your life triggers you regularly? It could be colleagues, family members, customer service workers, and so on.

Think of a difficult interaction in which you could have pretended not to notice yet you didn't. What got in your way? For example, did you want to prove you were right? Did you want to let off steam? What else?

Partner Mindset Technique No. 3

Pretend Not to Notice

What specific actions can you do in those moments to pretend not to notice (such as smile, continue asking questions, keeping upbeat energy, friendly tone)?

You may be concerned that pretending not to notice will make you look incompetent or be mistreated. How is pretending not to notice actually powerful for both parties involved? What are the benefits to you?

Partner Mindset Technique No. 3

Pretend Not to Notice

With whom might you practice this over the next few days? It could be with someone close to you or a stranger. In the moment, what can you do, specifically?

Undoing

The Ego Tango

Discover the 7 Partner Mindset Techniques
to Get More of What You Want More Often
with Less Hassle

Amy Carroll

With over 30 years of personal experience and education, Amy Carroll's understanding of the human psyche is extensive.

Amy leads programs for multinationals worldwide. She is a Professional Certified Coach and certified Master Practitioner of NLP (neuro linguistic programming).

Amy coaches clients to become more dynamic, honest and effective partners, developing their ability to influence others by creating powerful partnerships.

Learn to:

Positively influence customers, colleagues and subordinates to get the outcomes you want with everyone feeling valued and respected

Handle difficult or sensitive topics (customer meetings, financial presentations, major speeches) with less nervousness

Present ideas in a more compelling and confident manner

Develop leadership presence when negotiating with different cultures and personalities

Amy's Education and Training
Psychology (Bachelor of Arts) from Michigan State University
CoachU, a US-based coaching school, PCC certified
JS-International, NLP training, Master Practitioner
BATS (Bay Area Theatre Sports), Improvisational Training
NLP Certified Practitioner
NLP Master Practitioner

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