

The Corporate Communicator

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Hull & Associates

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Consider This ...

Before we can forgive one another, we have to understand one another.



Dr. Mimi on TV!!! Dr. Mimi is a regular on Fox News. Go to our website: www.HullonLine.com to see her.

Dispelling the Myths of a Workaholic

You might feel pressured to put in excessive hours at the office, but becoming a workaholic often gives you a skewed perception as to how you're really performing. Here's the reality!

You aren't a superhero: Working long hours doesn't make you a hero to your boss, coworkers family or friends.

You aren't better than others: In your mind you may think that working late into the night makes you better than your coworkers, but it doesn't. You each have a job to perform and as long as you are getting your job done well, that is what counts.

You are not more productive. Work often expands to fill time. Studies also show that the less sleep you get, the more mistakes you may make and the less effective you are.

Your boss isn't happier with you: If your boss is allowing you to work endless hours they probably don't care about you as a person.

You aren't becoming more successful: Working more isn't a correlation with success! A successful person knows when to stop and achieve balance in the different aspects of their life, a workaholic doesn't.



Team Building vs. Team Entertainment

Team building is not a one-time event. If you were building an athletic team, would you have them practice once a year and just show up for the games? Of course not! A work team is no different. If you want your team to be successful, it needs ongoing training, coaching and practice.

There is a difference between team building and team entertainment. It is great fun for a team to go to dinner, attend an event together and even play together. This can help your team get to know each other and have a good time. That's team entertainment!

Effective team building involves dealing with the strengths and challenges of your team and working on them...and this can be fun...along with being productive!

Before we work with a team we find it is important to consider: What is the team doing well? How can it be even better? What needs to be remedied? What conflicts need to be resolved? What behaviors need to change? Once we know the concerns, we help teams address them.

Our clients realize that it is important to face the real issues and deal with them because, if not, the strengths become weaker, the best employees leave, the difficulties grow and the poor employees stay!

Isn't it time for you to have a real Team Building experience? Does real team building take time? Yes! Is it worth it? Absolutely! Remember, investment precedes reward...always.

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ASSOCIATES

Did You Know That Hull & Associates Offers ...

- Not-for-Profit Board Development
- Team Building
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- Diversity Training— Cultural Competence
- Organizational Assessments
- 360/Multi-rater Feedback
- Customer Satisfaction Surveys

Call us today at (407) 628-0669 to see if we can help you satisfy your talent management and organizational development needs.

Email Etiquette in the Office:

Be concise: Long messages are difficult to read and often don't get read. Aim to get it all in the preview window

Utilize the subject line: Create a short, meaty headline that clues your receiver on the content and why they should open simply informed. it. Change subject lines as needed.

Respond promptly: If you need more than 24 hours, respond that you need more time. Use "away" messages.

Avoid sarcasm and humor: Sarcasm and humor increases miscommunication because you don't have "tone of voice."

Use emoticons sparingly: Sometimes a smile or frown adds to your message, but don't litter your emails with them as they can be a distraction and/or annoying to the receiver.

Don't send emails if emotional or angry: Cool off before you respond. Think about 'Reply All': Consider

whether or not they all need to receive that email.

Use the To: and Cc: lines differently: Have people within your organization know that people listed in "To:" are meant to respond. People listed in Cc: are to be

Initially, start with a greeting and end with a closing: This increases response rate.

Don't resolve conflicts through email: Arguing over something via email will make it worse. Deal in person when possible or use the phone.

Save your emails: You never know when you need them.

(From Time Mgt. Seminar- Dr. Mimi Hull)



Satisfied or Engaged?!?

Satisfied employees are merely content and may do as little as possible. Engaged employees are motivated to do more! The manager is the greatest determinant if an employee is engaged...or not!- so what's a manager to do?

Take an interest in your people as people: Feeling appreciated, confident, competent, and empowered leads to engagement. These emotions can't be fostered unless you build relationships and see employees as individuals.

Inspire employees through purpose: remind your employees that their work is important and needed. Explain how each and that happens only with a deliberate job contributes to the organization's mission.

Create a shared vision. Let them see and determine how they fit into the long term plan. Remember people support what they help create!

Don't bury bad news. Even if things aren't going well, share that data. Nobody likes to be kept in the dark. By sharing information, employees feel valued and may even have ideas on how to improve things.

Train your managers to walk the talk.

Actions still speak louder than words. Teach your managers to be role models and perform the way you want your employees to. Model how you want your workplace reflected.

Reward positive behavior. A simple "thank you" means a lot. Not only does this engage the employee, but others take notice. The best time to provide recognition is when the employee is doing or completing a performance goal. (Not just yearly at performance review time!)

Build teams and break down silos: The more interconnected people feel, the more engaged they are. When we build true teams, trust and engagement go up training plan.

Is building engagement worth the time and training? YES! According to HR Magazine, engaged employees perform 20% better and are 87% less likely to leave an organization.



Appreciating Volunteers

"Volunteers do not necessarily have the time; they have the heart." -Elizabeth Andrew

Volunteers are vital to both nonprofit and membership organizations. Showing appreciation for volunteers is about distinguishing, inspiring and motivating people who are actively engaged in your community. To keep their spirits alive, recognition needs to happen on a regular basis, occur in different ways, recognize the person more than the work, and most importantly be sincere. This goes a long way to improving volunteer retention.

Here are some tips to show that you care:

- Thank You Cards and Postcards: Hand written notes are rare today and are a great way to show just how much you appreciate their efforts.
- **Provide training:** include volunteers in your staff training and/or give them training that will help them in their "jobs" and/or their personal life.

- Awards Event: Taking the time to plan a special event of food and entertainment goes a long way. Honor all the volunteers, as well as the few outstanding ones who have gone above and beyond for your organization.
- Bring in lunch or have a surprise snack available: This is less time consuming than planning an awards ceremony, but still shows your volunteers that they are treasured.
- Mention them often in your Newsletter: People love to see their name in print. Be sure you rotate people so that everyone sees their name at least once a year.
- Put a ribbon on their nametag: A "Valuable Volunteer" ribbon lets everyone know that this person is special.
- Have them share ideas: and if you use them, give them the credit! (Parts taken from the program

"Engaging Volunteers" by Dr. Mimi Hull)

JOIN US!!!

Visit our WEBSITE AT www.hullonline.com. Read articles, comment, ask questions and access archived newsletters. Follow us on TWITTER to receive updates and ask your most pressing workplace questions. twitter.com/drmimi Become a fan on FACEBOOK facebook.com/hullandassociates.



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FREE CONSULTATION

Have you ever said, "but I told them ... " You probably did, but the message you sent was not the message they received. Call Dr. Mimi to help improve communications!!!

Dr. Mimi Hull is a fully licensed psychologist who has helped many organizations improve communication, leadership and team building. She can help you, your organization, your board and/or your staff.

Her most requested programs are in the areas of Communication, including Team Building, Leadership, Conflict Management and Board Development.

Contact her for a FREE consultation! E-mail -

DrMimi@Hullonline.com Phone - (407) 628-0669



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profiles are prescriptive, productive and affordable. Try it today!

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Call us at (407) 628-0669 or email Dr. Mimi at DrMimi@Hullonline.com.



Dear Dr. Mimi:

I know the economy is improving, and I have some really great employees. How do I make sure I keep them?

-Concerned Manager

Dear Concerned Manager:

Many companies claim that their most valuable resources walk out of the building every evening, but they do very little to show employees how much they are valued. I suggest sitting down and talking with each of your employees and letting them know what you appreciate about them and letting them know you want them to stay. This may seem obvious, but if you don't tell them, how will they truly know? More than money, people want to feel appreciated. In addition, asking their opinion, mutually setting goals and giving feedback on past projects can make employees feel more connected to you as a manager and to the company where you both work. Discussing career paths with employees individually can also build loyalty and renew their sense of appreciation for you and the company. Communication is vital to keeping your employees satisfied with their job and making sure they feel valued by the company.

—Dr. Mimi



Dr. Mimi Hull heads Hull & Associates, a team of trainers, speakers and consultants. A licensed psychologist, she has a master's in counseling and personnel services and a doctorate in psychology with specialization in business management from the University of Florida, Gainesville. Her B.A. in psychology is from Syracuse (N.Y.) University. Reach her at www.HullOnline.com or DrMimi@HullOnline.com.



Dear Dr. Mimi:

I am in a rut. I have been doing the same thing for six years, and I am tired of it. I am compensated well, but my job has simply become boring. I have become boring and, to be honest, not all that pleasant to be around. Help! I really don't want to leave, but I really am bored with my job! My boss will not listen. He thinks what I do is important and challenging! It was, but it isn't now! --Bored

Dear Bored:

It is time for you to take charge of your job and make it even better. What can you do to do your work even better? Can you use some outside training and development? When was the last time you invested in yourself to learn new skills? Even if budgets are tight, ask to go to a workshop or seminar that might ignite a spark of passion and interest in your job. New skills can help break you out of a rut and think creatively about what you do.

Next, take time to examine what you do and how it gets done; you might uncover a more efficient way to work or new avenues to explore. Try taking a calculated risk and be creative and innovative.

Ask your customers (either internal or external) about what they would like to see you do more or less of or perhaps do differently. You may be so close to the situation that you can't see what else can be done.

Lastly, rearrange and redecorate your space. Our environment has a lot to do with how we feel. Make yours more motivating.

Hope that helps! Now get moving and do something! — Dr. Mimi



Dr. Mimi Hull heads Hull & Associates, a team of trainers, speakers and consultants. A licensed psychologist, she has a master's in counseling and personnel services and a doctorate in psychology with specialization in business management from the University of Florida, Gainesville. Her B.A. in psychology is from Syracuse (N.Y.) University. Reach her at www.HullOnline.com or DrMimi@HullOnline.com.