

## Think Safety. Act Safely.

### Hand and Ankle Campaign



### 6 Leadership Lessons You Can Learn Over Lunch

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#### 3. Show up where people are; don't make them hunt you down

Mobility - go to where people are and make it easy for customers to find you  
Consider these questions about your team or organization:

- ◆ Do you make it easy for customers to buy from you?
- ◆ Do you put yourself in the right place at the right time?
- ◆ Are you so focused on your product, your service, your language, etc. that everything is driven from your perspective, not your customers?

### 13 Things Ridiculously Successful People Do Every Day

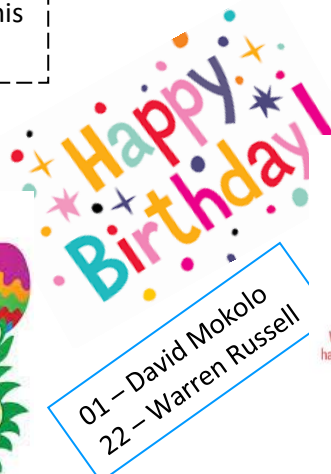
1. They **focus on minutes, not hours**
2. They **focus on only one thing** – first 2hrs of the morning focused on their priority...
3. **They don't use to-do lists** – instead schedule everything on your calendar.
4. **They beat procrastination with time travel** – anticipate how you will self-sabotage in the future, and come up with a solution today to defeat your future self.
5. **They make it home for dinner** – other values in life, include family time, exercise, and giving back.
6. **They use a notebook** - Write everything down...
7. **They process e-mails only a few times a day** – *schedule* time to process their e-mails quickly and efficiently.
8. **They avoid meetings at all costs** - If you *do* run a meeting, keep it short and to the point.
9. **They say “no” to almost everything** - If something is not a ‘Hell Yeah!’ then it’s a no.
10. **They follow the 80/20 rule** - Focus on those activities that drive the greatest results and ignore the rest.
11. **They delegate almost everything** - They are not micro-managers, good enough is, well, good enough.
12. **They touch things only once** - deal with it right then and there
13. **They practice a consistent morning routine** - most nurtured their bodies in the morning with water, a healthy breakfast, and light exercise, and they nurtured their minds with meditation or prayer, inspirational reading, or journaling.



#### Winter Work Out



Alrode workshop has taken on the epic task of cleaning up and shipping out the redundant stock items.  
We applaud the team for the steps taken to achieve this exercise.



#### FLU PREVENTION

