

THANK GOD IT'S MONDAY!

Roxanne Emmerich



TGIM WEEKLY AUDIO: Deal With Your Anger

**Transcription*

Thank God It's Monday!™ How do you deal with anger? Yes it's true, temper tantrums are a career limiting impact. You can't just go and throw a tantrum when you are getting mad. So how do you deal with it? You know that high emotion creates low intelligence. There's something about having anger in your heart that really makes for your mouth not making sense.

So what do you need to do? First of all, know that you will disagree with other people. You were hired to disagree and to challenge, but you were hired to do it with a little bit of tact and grace. So first of all you need to calm down. Take a deep breath, get away, go for a walk. Get your brain sane before you challenge the idea. Then it can be as simple as saying "Hey Joe, when you did that, it created this mess. My request is that you do this from now on. Do I have your commitment?" Remember, there's no space in the workplace for raging maniacs. So don't become one.

Deal with your anger and what the heck? Why not have a great Monday?

Roxanne

Roxanne Emmerich's Thank God It's Monday! How to Create a Workplace You and Your Customers Love climbed to #1 on Amazon's bestseller list and made the New York Times and Wall Street Journal bestseller lists—all in the first week of its release. Roxanne is renowned for her ability to transform "ho-hum" workplaces into dynamic, results-oriented, "bring-it-on" cultures. If you are not currently receiving the Thank God It's Monday e-zine and weekly audios, subscribe today at www.ThankGoditsMonday.com.

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