

## BOB'S JANUARY 2012 NEWSLETTER



### TURNING 'SOMEDAY' INTO TODAY!

When you know that life will be waiting for you tomorrow, it gives you the freedom to make today count as much as possible. "Someday" is right now!

### IMPORTANT DATES

SRD is April 13<sup>th</sup> and 14<sup>th</sup> Nashville, IN  
Spring Workshop will be in Terre Haute, IN May 5<sup>th</sup>  
I need a chapter to host!  
IRD will be at San Diego, California July 5-7.  
Summer Fun-? You may host it.  
Fall Workshop-? Hostess needed.

### Leadership Skill of the Month

I will continue the series in the newsletters and at future workshops. This month, I will present the skill "Praise." Praise is defined as "the act of making positive statements about a person, object or idea." Praise, both giving and receiving affects us in positive ways. When we are winning or succeeding at something, chemical changes occur. It creates more of the chemical dopamine causing us to feel well and it is essential to memory and learning. We feel enjoyment and satisfaction. In the business world, praise has been shown to increase productivity and lower employee turnover. Giving praise is a win-win behavior with multiple benefits and no cost. Our dopamine levels change every seven days, so consistent praise is important. Praise must be deserved and sincere, timely and appropriate for it to work. Are you praising each other in your chapter?

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