

Nine Lives: Surprise

When we are surprised, we breathe shallow/high. The loss of oxygen to the brain results in our knee-jerk reaction of operating from power rather than influence. We want to proactively recognize what is about to happen before it happens. More options are available by being proactive than by being reactive.

What labels (names of skills, etc.) have you found that have helped you reduce your surprise? List three below and their benefit to you personally. Discuss how labeling has helped you increase your nonverbal intelligence and allowed you to be more proactive.

An example of labels: Not Allowed in the Classroom, I Don't Get to Decide, Never Give Attention, Escalation: Hooks of, Last Word, Indirectly Approach, Visual Information, Exiting, Surprise (feel free to choose others not listed such as *credible and approachable, Exit Directions, etc...*)

Label #1 _____

Label #2 _____

Label #3 _____