

LEAD WELL

BOOK REVIEW

No Complain Rule

Jon Gordon

KEY PRINCIPLE

Negativity in the workplace costs businesses billions of dollars and impacts morale, productivity and health of individuals and teams.

HIGHLIGHTS

Create a positive culture where negativity can't breed, grow, and survive. Otherwise, you will spend all your time fighting negativity rather than cultivating a positive culture.

There is justified complaining where you are working on solutions vs Mindless complaining

Continually fill voids with positive communication and interactions so negativity can't breed

Focus on 'get to' vs. 'have to'

Turn complaints into solutions

5 Things to do instead of complain:

Practice Gratitude

Praise Others

Focus on Success

Let Go

Pray and Meditate

Kathy Crockett

+ CO