

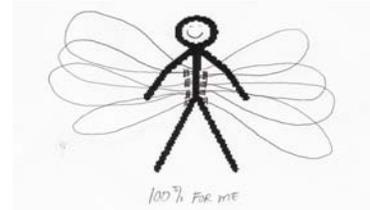
UNPLUGGING PROJECTIONS

Saving Relationships in the Workplace and at Home

1.5 Hours (minimum)

Purpose ~ Reduce conflict in the workplace and at home. Improve team dynamics, results and communication.

- Theory of Disconnection
- Practical Examples
- Projection experience
- Plugging in to others and giving away our energy
- Accepting behaviours as self
- Unplugging from others and maintaining our energy



“Really informative. Gives a completely different perspective. Helps you accept qualities in others. You can save lots of relationships with this. Thank you!”

Sangeeta Ahtani

What was your main learning from “Unplugging Projections”?

That if it bugs me, it’s about me.

Realizing that the things you dislike in others are things you haven’t owned in yourself. Stop giving up your energy to others. Keep it and be more effective.

How to find the positive in the projections. How to let go and turn it around to benefit me instead of letting it use my energy.

Understanding that each one of us holds onto projections and once we can identify our own, we can hold onto all of our energy and stay positive and productive.

To understand that there are strengths with the behaviours we dislike.

It’s not the person that ticks us off, but what they’re doing or how they’re doing it.

I shouldn’t be so quick to judge others until I look in the mirror.

We all have these behaviours and knowing we have locked them away, now we can deal with them.

Other people can zap energy from you if you let them- now I know how to stop it.

What are one or two things you particularly liked?

This presentation made me realize that it is not other people who need to change their behaviour, but myself in how I deal with it. Great lesson to learn!

Laziness bothers me very much. I believe everyone should be responsible to clean up after themselves as I always do. So the reason it affects me is because I resent that I’m always cleaning up and not taking enough time for myself to be “lazy”.

I enjoyed the behaviours chart.

You helped me to see things in a different light. I wasn’t aware that I possessed the same characteristics that I despise so much in others. Some of these can help me be more effective if I now allow them.

Sharing the examples of others to understand how to deal with behaviours. Knowing we have to love ourselves to live life and accept others.

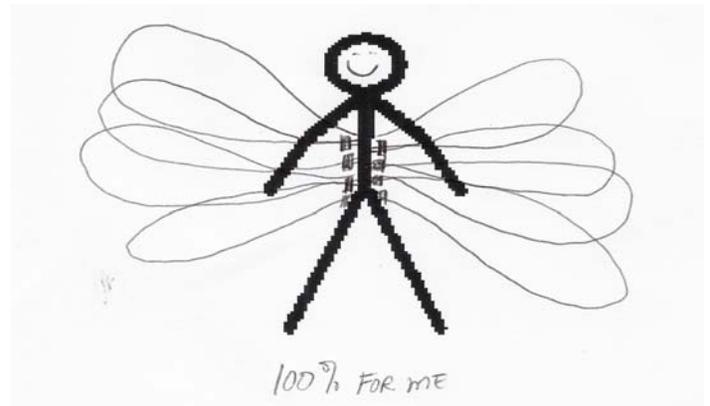
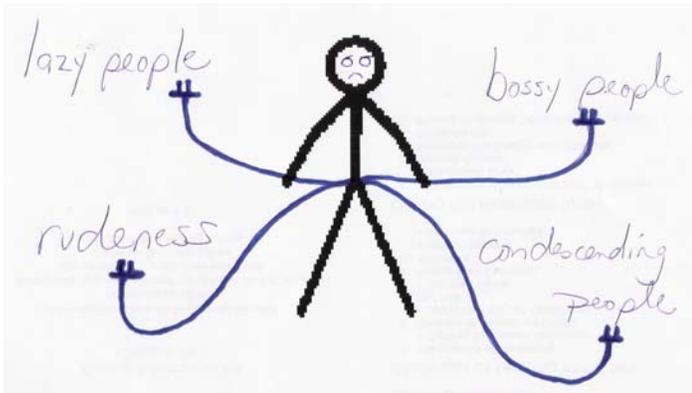
Learning that when you plug back into yourself, you free yourself and can use your new energy to fly as a person and grow to a new level.

Liked finding the good in something I thought was bad. To view things from the opposite perspective.

Examples Janice provided. Awareness that we lock doors to protect ourselves.

Explanation of the “strengths” in the behaviour I did not like.

Realizing you have these traits too, but how to deal with them effectively in a positive manner.



OWNING OUR PROJECTIONS TOOLS

1) Negative Projection Worksheet

“Affliction” Worksheet

Individual you are affected by	Behaviours, characteristics that affect you	When have you/ could you, exhibit these?	Strengths of these behaviours