

Zero talent Part 2

By Wayne Bailey

In my last article, we discussed the idea some people have zero talent. I know this doesn't apply to you, however, I bet you can name a few people that are not the sharpest tool in the shed, are a few bricks shy of a load and not playing with a full deck.

Well, there's still hope for them using your help. Below are some bullets that will cause people to notice you and put a little skip in your step. Mandy Hale said, "So you're a little weird? Work it! A little different? OWN it! Better to be a nerd than one of the herd!"

Let's get started.

4. Body language

According to wikihow.com, there are five basic body languages. Crying, anger and or a threat, anxiety, expression of embarrassment and manifestation of pride. Let's discuss crying in the body language. Dionne Warwick the singer said: "Crying is cleansing. There's a reason for tears, happiness or sadness", so crying can be a positive sign. Maybe a sign that healing is beginning. There have been times I have bent over double laughing so hard, I've had tears in my eyes. Same issue when I peel an onion. That's not what I'm talking about. Tears can be a sign of sad news or the news of someone dying that's close to you. Crying can also be faked. A method to get sympathy from someone or from a group of people. This is also known as 'crocodile tears'. An urban legend says a crocodile cries when they catch their prey.

Next is anger or a threat. This body language reflects tightly closed arms and a turned down mouth. Another sign is when the eyebrows are in a V shape. Different people express this in many ways including body stiffing. Buddha said, "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." The signs of anxiety can be seen in the

face. The eyes may be blinking more than usual and the mouth tightly closed causing a line when the two lips come together. Have you ever heard someone pecking a pencil on the desk while taking a test? Tapping their feet making a tapping sound? All signs of anxiety.

The next sign is feeling embarrassed. Again, let's go to the face. There could be a smile and frown back to back or not making eye contact with you or their audience. The eyes may be looking down making an attempt to hide an emotion. Joyce Brothers said, "Accept that all of us can be hurt; that all of us can and surely will at times fail. Other vulnerabilities, like being embarrassed or risking love, can be terrifying, too. I think we should follow a simple rule, if we can take the worst, take the risk."

Next is pride. We all have pride in our life. The pride of seeing a son or daughter do well in sports or in academics. The pride of your department working well together on and off the fire ground. That's not what I'm talking about. Pride can get us in trouble sometimes. A sign is someone putting their hands on their hips and displaying a small smile while tilting their head backwards. Will Rogers said it best, "Too many people spend money they earned to buy things they don't like." I overheard a conversation at a fire station once. The fire fighter was asked how much did they pay for their new engine? He said, not sure but it was \$100 000 US dollars more than they neighbouring department engine. If we're spending money we don't have just to look better than our competition, something is wrong with our thinking.

5. Energy

The Free Dictionary definition of energy is the capacity for work or vigorous activity, intensity or vitality of action or expression; forcefulness. Also capacity or tendency for intense activity, vigour or vigorous or intense action and exertion.



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When you enter a room to speak or for a meeting, you must take ownership of your body and the space you occupy. I was watching a talent show and the judges told the participant they owned the staged. When you speak, speak clearly and make contact with your audience or to the person if it's one- on-one and own your own stage.

6. Attitude

John C Maxwell said, "People may hear your words but they feel your attitude." Having the right attitude causes your words to be on steroids. Thomas Jefferson, an American Founding Father and the principal author of the Declaration of Independence, said, "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." He was also elected the second vice president of the United States, serving under John Adams and in 1800, was elected the third president. President Jefferson's quote is about positive and negative attitudes.

If you're reading this article, more than likely you have a positive attitude. You're looking for nuggets to better yourself and propel to the next level or promotion. I've never seen anyone be promoted to a chief or chief officer and their attitude be negative.

I was reading from a blog at iqmatrix.com recently and it said that the words you say and the attitude you

bring forth into every situation you come up on, can create positive expectations or they can create negative expectations. If you think you can, you are right and if you think you can't, you are also right.

In order to stop having a negative mental attitude, be careful of the language you use. The blog gave a couple of ways in doing this.

- a. You can lower the intensity of the negative words you use.
- b. You can change negative words into positive words using the following phrases:
 - Problems become opportunities
 - Always and never become sometimes and rarely
 - Bad decision becomes uneducated decision
 - Mistakes become an education

In closing, a writer, Peter Barron Stark, wrote a leadership article about Thomas Watson, the founder of IBM. Watson believed in the concept of failing

forward. Make a mistake and learn from it was his mind-set. One of Watson's most famous quotes is, "The way to succeed is to double your error rate."

Barron went on to tell the story of an IBM employee. He made a mistake that cost the company about a million dollars. Now, this was big money back in 1940 when all this happened. The

employee just knew he would be fired and wrote his letter of resignation. He handed the letter to Watson and he responded: "Fire you? I've just invested one million dollars in your education and you think I'm going to fire you?"

Sometimes education doesn't come with a diploma; it comes from the school of hard knocks. 🔥

