



Tips to keep you airborne!



May 2017 - Slow Tips from the Treetops



In my last post, I promised I'd get back to you with more insightful goodies on sloths, so if you're curious to know how they might relate to you, please read on...

Did you know that sloths, though apparent loners, are symbiotically 'social', in that beetles, moths and other non-parasitic bugs love hanging out in the algae in their fur?

Up to 900 beetles and moths can live on a single sloth! These bugs aerate their fur, preventing infection. What's more, 84 different forms of fungi, many of which are antibiotic or antimalarial and some of which have been shown to destroy cancer cells, set up home in the fur too, keeping the sloths in tip top condition.

So, sloths hang out in a pretty amazing network that supports and nurtures them all the way. They too return the favour by providing protection from predators, not to mention dung heaps for the insect tenants to lay their eggs in (which later hatch and fly up to recolonize the sloths).

Now this all begs the question as to who is hanging out in your network?

Do you have people who support, nurture, challenge, push you... and then some?

The late Jim Rohn wisely once said that we are the average of the five people we spend the most time with.

This brings Julius Caesar to mind. He famously said "Let me have men about me that are fat", which obviously didn't do him any good. Being surrounded by the same sort didn't stop him from being stabbed to death!

Variety is undoubtedly the spice of life if you want to get ahead in your personal or professional life.



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So, I invite you to take a serious look at the 5 people you tend to hang out with and in so doing, perform a personal network health check.

Do these people pick you up or drag you down? Do they inspire, cheer and steer you or do they beer and veer you?

Janine Garner, international expert on leadership, influence and collaboration and Fortune 500 mentor, recently published *It's Who You Know*.

In her book on how a network of 12 key people can fast-track your success, she suggests surrounding yourself with a Core Four to build a healthy network:

1. A Promoter - to fly your flag and inspire you to dream big
2. Pit Crew - to keep you on track and to keep your emotions in check
3. Teacher - to develop your knowledge, wisdom and foresight
4. Butt-kicker - to run up and down your sidelines, pushing you to do more and holding you accountable for your actions

Why four? Well, four is a magical number. In western astrology, it is believed that the universe is formed by the four elements: Earth, Air, Fire, Water. Each of the four contains its own unique properties, which work simultaneously to create one united universe.

That being the case, surrounding yourself with the 4 types above will enable you expand yourself more fully so that you can better reach your potential.

The 4 are then expanded out to 12 key people (based loosely on the psychologist Carl Jung's personality archetypes). Now if contemplating all of the above smacks too much of gross as opposed to net work and you feel like curling up into a sloth ball, know that contrary to popular belief, recent data shows that sloths in the wild average only 9½ hours' sleep a day.

As for the rest of the time...well, they're busy building and sustaining a diverse and healthy network of course! Till next time, know that your network = your net worth

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