

## Keepin' Your Cool This Summer

### May 16, 2024 Client Roundtable Summary

In order to “keep your cool” this summer, it is important to be present. **Dr. Michael Brown** led a discussion with Unique Venues clients eagerly anticipating a busy summer hosting season at their venues. Dr. Brown says, “Every single human on this planet is living, but very few of them are alive.” So, what does it mean to be fully alive and present? Being fully alive means to avoid dwelling on the past or worrying excessively about the future. Here are some key practices to help you be fully alive when hosting events this summer:

#### Key Practices:

##### 1. Stay Present:

- Helps manage negative emotions like frustration, anger, fear, worry, and stress.
- Shift your mindset from “I have to” to “I **get** to” for daily tasks.
- Recognize your role in your current situation and take ownership.

##### 2. Maintain Perspective:

- Understand that many would gladly exchange their problems for yours.
- Focus on controlling your responses rather than circumstances.

##### 3. Consistent Self-Care:

- Allocate your 168 weekly hours wisely, avoiding the trap of living only for weekends.
- Prioritize the first and last hours of your day.
- Maintain a full “cup” to ensure you can support others.

##### 4. Handle Challenges Humbly:

- Make it a goal to make challenging guests smile.
- For difficult people, focus on controlling your reactions and practicing intentional kindness.
- Commit to maintaining relationships and modeling positive behavior.

*Unique Venues clients were engaged in the discussion and had some questions for Dr. Brown to help them manage their summer conference season:*

#### How Can We Set Boundaries?

- Boundaries are **crucial** and show **strength**, not weakness.
- Use resources like *Boundaries* by Dr. Henry Cloud and *Emotional Intelligence 2.0* to improve social awareness and relationship management.
- Practice saying “no” to avoid chronic people-pleasing.

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### May 16, 2024 Client Roundtable Summary (*continued*)

#### What are Some Leadership Tips to Maintain Healthy Relationships with Our Team and Guests?

- As a leader, you need to look closely and listen closely
- Establish routines both outside of work and at the office:

##### **Morning Routine:**

- Hydrate, move, meditate, avoid your phone, tackle the hardest tasks first.

##### **Before Bed:**

- Avoid eating 3 hours before bed, and blue screens 2 hours before bed.

##### **At Work:**

- Schedule movement breaks, set office door boundaries, eat well, and limit cell phone use.

#### What are Some Ways We Can Help Our Team Be Successful This Summer?

- **Staff Book Club:** engage staff in a summer book club
- **Allow for Transparency:** foster an environment where team members communicate constructively.
- **Consistent Group Check-Ins:** conduct brief daily/weekly/monthly check-ins.
- **Show Your Appreciation:** regularly express appreciation and value for team members, especially during busy seasons.

#### How Can We Make Sure We Leave Work at Work This Summer to Create a Healthy Work-Life Harmony?

- Focus on the importance of those you come home to over work details.
- Use “windshield time” for reflection, organizing, and connecting with friends.
- Recognize the interconnectedness of your professional and personal selves.

*You can hear more from Dr. Michael Brown by listening to his **Three Words Podcast** and attending **UVAMC** this November in San Diego where he will share more insights and knowledge with conference attendees.*

Some book recommendations from Dr. Michael Brown to help you “Keep Your Cool This Summer”!

***Boundaries*** by Dr. Henry Cloud

***Emotional Intelligence 2.0*** By Dr. Travis Bradberry & Jean Graves