



Nick Bishop Solutions

## When the mood of others filters through in the Office



### Beware of what you are unconsciously saying!

We often use the term “Emotional Intelligence”...but I often hear of those people, and on a regular basis, that seemingly forget how their own moods and behaviours are perceived by others, and worse still, can have a negative office on the moods of others.

There are numerous terms applied to such people in offices in modern business speak...Corpses...The walking dead etc. None are flattering!

For the point of this blog, I will use just two...

- ✚ Mood Monsters
- ✚ Mood Maestros

We get choices in life, and choose our own behaviours. At all costs please try to be “Mood Maestro”.

Mood Monsters walk in to the office as if the trouble of the world were on their shoulders. A disguised grunt being the “hello” that at best you get. For the rest of the day, they will be moody and the best that you may perhaps hope for is that they will days off for holiday!

Sadly, this abject feeling can be both unsettling and demotivating for others.

The reverse are the “Mood Maestros”. Their sheer presence can be uplifting from their very positive moods and the ability to lift the mood of others.

We spend much of our working week in teams and trying to provide either great service or results that help both end user, and the company profitability. Never underestimate the difference that the two behaviours can make. Reflect on the differences that you can make and to the moods of others. Consider a team where everyone shared a common aim...To help each other and to create a “Great place to work”...The reverse is unthinkable...Why settle for it?

Small changes that make a large shift can be achieved by those that care!

**Be the change you want to see in the world. – Mahatma Gandhi**