



## You Teach Others How To Treat You

This phrase has been with me a lot this week for a variety of reasons and as a result of numerous conversations. There's definitely been a theme emerging!

*You teach others how to treat you.*

It's a bit of a variation on the theme of 'treat others as you would like to be treated yourself':

- So if I want to be listened to, I have to listen to you;
- If I want to be taken seriously, I have to take myself seriously and take you seriously;
- If I want to be respected, I have to respect myself and respect you;
- If I want you to value what I bring, I have to value myself, value what I bring AND value what you bring.

I've recently worked with a wonderful lady who's the team comedian. Which is all very well, but she wants a promotion and nobody can imagine her in a more senior position.

Years ago, I was so desperate to be liked by my clients that I charged too little, did way too much and valued their time but not mine. Well, I taught them that that was okay!

So how do you want to be treated?

And what are you doing to make it happen?

Asking myself these questions will become one of my daily habits.