

How To Deal With Difficult People #happinesstips

One of the greatest challenging opportunities that we face as individuals and that I am presented with as a coach as a happiness coach as an executive coach and as a peak performance coach And that is dealing with difficult people or having or navigating difficult or stressful conversations with people Sometimes those people by the way are ourselves by far And the most significant and critical factor in having a difficult conversation or dealing with difficult people is to prioritize your inner peace Above all else you have to want to be at peace more than you want to be right You have to want to be at peace more than you want to breathe or live if you can do that successfully if you can commit to that wholeheartedly I promise you that you will find peace with the other person even if they don't find it with you and you will find harmony with the other person even if they don't find it with you And that is over half the battle itself because in doing so not only do you have the ultimate prize but you also believe it or not increase your persuasive power and your ability to influence exponentially So my encouragement today is prioritize peace inner peace recognize and realize that's something that ultimately you own and you have control over And if you can do that I promise that you will not only find peace and harmony with the other person even if they don't find it with you but you will also increase your influencing power and your persuasive power