



CAROL MARZOUK
THE EXECUTIVE LION TAMER®
ACTIONS TO **STOP** TAKING



**STOP DOING ONE THING THAT WILL IMPROVE
YOUR REPUTATION AND MAKE YOU MORE EFFECTIVE**

Interrupting

Saying whatever is on your mind without filtering

Controlling

Dismissing others

Under pressure I get flustered easily and am rude to people

Rolling eyes

Running from conflict

Publicly criticizing

Procrastinating

Complaining

Criticizing behind others backs

Withholding information

Making cynical comments

Wasting time on the internet

Micro-managing

Obsessively checking email/texts

Finishing others' thoughts/interrupting others

Talking too much about self

Rambling

Rushing to conclusions without considering other options

Putting words in others' mouth

Gossiping

Taking credit from others

Frowning

Breaking promises

Tolerating less than acceptable standards

Coming late

Wanting perfection

Body language and posture that does not convey leadership

Getting defensive

Breaking the chain of command

Taking things personally

Avoiding responsibility

Poor personal grooming/hygiene

Motor-mouthing

Yelling/raising voice

Blaming/Pointing fingers at others

Grimacing

Not giving specific enough directions

Giving up after setbacks

Avoiding eye contact

Avoiding a tough conversation

Are you struggling in a new role, stressed, unable to coach or lead? Is your team frustrated, unable to communicate, angry, disengaged? Never fear, Carol Marzouk the Executive Lion Tamer® is here!

www.ExecutiveLionTamer.com

Stop waiting for it to resolve itself!