

DEVIN HENDERSON

Humorist. Peak Performance Expert.

Presents : "Up Your Game: the secrets to a PM's improved performance revealed!"

INTRODUCTION

-All good performers such as comedians, magicians, actors and dancers take necessary steps to develop their full potential as artists so they can perform at their best. Similarly, project managers must take the necessary steps it takes to perform at their best on a daily basis. This presentation is about getting back to the basics when it comes to performing at your best as a PM and life in general. The secret to an improved performance is this: you probably already know most of the secrets, you may just not be putting all of them into practice. Let's look at how you can "Up Your Game" as a PM.

I. Engage your sense of humor.

- Use your lens of humor to give yourself healthy perspectives on your situations.
- Humor reduces stress, increases productivity and ignites creativity.
- Your team is always watching your reaction to difficult situations. Laughter is contagious. If you laugh, so will they.
- Give yourself permission to laugh.
- Jimmy buffet got it right, if we couldn't laugh we'd go insane.

"When life is hard, laugh harder." **Devin Henderson**

"A day without laughter is a day wasted." **Charlie Chaplin**

II. Make healthy choices

- A healthy lifestyle is all about baby steps: one healthy choice at a time.
- There is a direct correlation between a healthy body and alert mind and your effectiveness as a project manager.

"When you have your health, you have everything." **Augusten Burroughs**

III. Treat People Well

- Project managers need to be people-people.
- There are two types of project managers: magicians and pickpockets.
- Pickpockets subtract value. Magicians add value. Which are you?
- The answer is reflected in your attitude and behavior as a project manager.

"All relationships either add to or subtract from a person's life." **John Wooden**

IV. Try new things

- Breaking up monotony can help improve performance. Eg: Drive a new way to work, try a different drink or different food.
- In this business, risk is a requirement.

"Art doesn't just happen by accident. It is about pulling out new tricks and trying new things." **Nicholas Meyer (screenwriter)**

"Do one thing every day that scares you." **Eleanor Roosevelt**

CONCLUSION

- There is no substitution for hard work, but if you apply these concepts, work doesn't have to be so hard.

"A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals." **Larry Bird**