

just **SAYING**

Just Saying – a podcast by Joe McCormack

Season 2 – Episodes 26 through 70

- Episode 26 Stay tuned. Fans aren't really.**
Why are more and more fans these days not watching the sports they love, but still following them avidly online?
- Episode 27 Training people to ignore a safety briefing**
In the U.S., there are 5,000 aircrafts in the air at any given time. Yet how many passengers seated in the exit row paid close attention to the safety announcement? Is our safety at risk because of collective inattention?
- Episode 28 Are smartphones addictive brain candy for kids?**
Activists investors are calling on Apple to start helping parents protect their kids. Former Facebook executives are warning that social media seriously undermines childhood development. Is tech addicting our youth?
- Episode 29 Go to sleep**
The brain is overworked and we're sleeping less than ever. Why is it so important for all of us to invest in a good night's sleep?
- Episode 30 Penguins on an Iceberg (Brain Basics Part I)**
The brain is an amazing processor, yet we're constantly losing focus. A deeper look at how multi-tasking is depleting our working memory.
- Episode 31 An info-junkie crack house (Brain Basics Part II)**
Infobesity is an addiction. Dealing with the grim reality that information overload is reshaping how our brains work.
- Episode 32 When words become worthless**
Corporate speak, jargon and buzzwords are draining the meaning from our minds. Avoid the fancy cliches and speak simply.
- Episode 33 Focus, people!**
With way too much competing for our attention, we need to start focusing on our focus. It's time to invest in awareness management.
- Episode 34 The minister for loneliness**
Discover why the UK recently created a new ministry for people who are alone and how constant connectivity is driving us all to isolation
- Episode 35 The dread of silence**
Quiet time is critical for us, yet so elusive. Why do we fear those precious moments when we can finally drive the noise of our hectic heads?

- Episode 36 Ready, player one**
Virtual reality (VR) is coming. Prepare yourselves for bold promises, and an unimaginable curse.
- Episode 37 The single most important thing**
Trying to do everything can leave you with nothing. How can we focus on fewer to get more out of each day?
- Episode 38 Hey, listen to why it's so difficult**
There are many terrible types of listening. Explore the common mistakes we all make as lousy listeners.
- Episode 39 Pitfalls of progress reports**
Most progress updates leave you scratching your head? Was that a good update or a bad one? Are they on track or headed for disaster?
- Episode 40 Warning: explicit messages**
Don't bury your lead, just say it. People aren't mind readers. Tell them what you're going to tell them, then tell them and finally tell them what you've told them.
- Episode 41 A good story breaks a tie**
Strong narratives can inspire action and bring boring words back to life. For one company, a solid story set them far ahead of the competition.
- Episode 42 Not valuing a volunteer**
People hate being treated like a captive audience. For a close friend, it turned his time of generous giving into a painfully funny story.
- Episode 43 Smartphone bans coming**
Businesses are considering measures to severely limit smartphone usage. Are these mobile devices becoming the new cigarette?
- Episode 44 Unpacking your emails**
We're all buried in a daily avalanche of e-mails. What can we do to prevent ours from getting lost in a packed in-box?
- Episode 45 My Father's three favorite phrases**
Celebrating Father's Day helped me to recall some of my Dad's favorite expressions. Three of them really stood out.
- Episode 46 Working to get hired or fired**
Think of how we act on the first day of a new job versus the last ones. What motivates us to always be our best?

- Episode 47 Did that conversation ruin me?**
It's the quality (and quantity) of our conversations that builds a reputation. Are you at risk or ready for a reward?
- Episode 48 Curbing a culture of meetings**
Every day, people waste valuable hours stuck in meetings. There are a few ways to get our lives back.
- Episode 49 Saying no**
There's power in this short, negative word. Let's explore some tough steps to tune in by choosing how to tune out.
- Episode 50 The Uber talk test**
Any car ride can provide a quick way to gauge if your conversations are on track or driving people crazy. Step in and see.
- Episode 51 Hating the gift of feedback**
Why do so many people loathe getting and giving feedback? Let's tackle a tough issue that we all need to improve.
- Episode 52 Tune into FM 101**
Learn to get others around you to dial in quickly with a few basics of focus management (FM), an important skill set in our daily lives.
- Episode 53 Motivational Speeches Might Help The Other Team**
Words that are meant to inspire can often create the "Matt Foley, motivational speaker" effect. Take a look at what's really at play.
- Episode 54 Tune into AM 101**
Learn the basics of awareness management, a vital skill to direct the most precious commodity we have: our attention.
- Episode 55 What to do with my hands?**
So many people ask me about body language. Let's dive into why an interview scene from Talladega Nights can set you straight.
- Episode 56 Aim small, miss small**
Precise communicators, like snipers, hit the target consistently because they take careful aim. Learn how shooting and speaking relate.
- Episode 57 Is "time posting" a word?**
What do you call it when you make an up-front promise regarding how much time you'll take? It will take more than a minute to find out.

- Episode 58 Perception management: facts and feelings**
A scene from the animated movie "Inside Out" inspires a deeper dive into the power of feelings to reshape what we think is real.
- Episode 59 It takes a hurricane to get people to talk**
A recent hurricane forced thousands in the Carolinas from their homes. It also forced many of them off their phones to talk with each other.
- Episode 60 Time to say goodbye**
Have you ever heard of "the Irish goodbye?" Learn what it takes to master those difficult farewell moments we all need to face.
- Episode 61 The failure of open floor plans**
Our open work environments are a battle of fostering creativity and collaboration versus privacy and protection from constant distractions.
- Episode 62 I couldn't articulate the strategy**
Napoleon turned to his corporal to check if the battle plan could be easily explained. Why are so many leaders destined for defeat before they even begin?
- Episode 63 Asking much better questions**
Why are most of us not naturally gifted at crafting great questions? After all, it's the key to unlocking better conversations and building stronger connections.
- Episode 64 More like tennis, less like golf**
How can we learn to put more balance back into our meetings, presentations and conversations? It turns out two different sports hold the answer.
- Episode 65 Sabotaging your organization from within**
A declassified World War II OSS/CIA field manual shares hidden instructions that guided average citizens to subvert their own employers. Today, it reads like an operating manual for a typical organization.
- Episode 66 What's an insight and why do they matter?**
Insights are a powerful force behind the best ideas (and best comedy), yet many of us struggle not only to define the term but also to develop how we discover them.

Episode 67 Talking yourself through adversity

In a moment of serious difficulty, pain, challenge or set back, can you hear the rising voice of an inner critic? How can we change that negative influence?

Episode 68 Why do AAR's frequently fail?

After-action reviews (AARs) are feedback sessions meant for groups to make important adjustments and improvements after meetings, training or missions. They are often a waste of time and need to be fixed.

Episode 69 Hitting mute more often in your life

If you're watching television and the sound gets too loud, you grab the remote control and hit mute. What if you could do that for all the noise in and around you?

Episode 70 Meeting agenda design

How can we plan for significantly better meetings, ones that don't make people angry but help them get important things done?

Subscribe on  iTunes,  Spotify and  Android or listen at:
podcast.thebrieflab.com