

Inspirational Thoughts from Prof Allan Parker OAM

Peak Performance Circles - Allan Parker 5th December 2017 (Sydney Sheraton On the Park)

1. Actively engage with others rather than worry. Accept can, No "Buts"
2. Using "I am curious to know....?"
3. What elements in a conversation with a person matter? He replies I'm interested in the person or what is interesting together. My approach doesn't include judgements just to find out what is interesting or what interests that person. Collective creativity. What links us? Make the best of whatever is presented.
4. His take out is 'courage'. Try as many things as you can.
5. 'How to Brand Your Business', her advice "Get out of your own way". What can I do to improve in the next moment?
6. To do better do something small everyday no exceptions. Keep your goal in mind often.
7. Develop an idea with her daughter writing books for children by children. Her goal to children's books be main stream and see what can come from this. Where it takes her. 'Mega Bonkers Library'. <https://www.littlescribe.com/> - Jenny's offered micro changes make massive impact. Appreciate what comes your way. Increase your oxygen and breathe. (Allan)
8. Dopamine suppresses cortisol and testosterone, "don't make 'the perfect' the enemy of the good". "Ask questions less loaded. Just slow down. Everyone has contribution, make the best of every opportunity. Spatial location.
9. Every moment is a choice point. Learning respect, gentle power and service, selfless volunteer for the community, salt of earth people, fierce expectations, get on and do it, create a culture, giving back, clarity and cognisance, Be on purpose, laser sharp focus.
10. Find the exciting, explore the excitement. Questions, "How's & Whats". Use feeling questions, doing, and impact, Tell us about...? Could you tell us...? Could you talk to me about....? Human capacity, positive future, before judgment a second to pause, switch on neurones, difference speaking and asking, curiosity, bias out, put somewhere else your biases, enquiry, keep myself in check, Let go old program "my belief is", elegance and grace, go back to present moment, generosity of exchange, beware of our judgments, be mindful, being open to others, But... equals disrespect, value of likeminded like people, set aside, turn the volume down on yourself, keep it quiet 30 minutes a day, migrate thinking outwards, pause, stop dopamine sends information, frontal lobe reduces anxiety, don't decide before you discuss.
11. Big business property consultant from New Zealand interview. His words of wisdom "have a dream and purpose and a reason why". A goal, purpose resolves conflict. Your resources can be financial and non-financial e.g. Of non-financial; experience, ability to read people, imagination, creativity, and attitude determines Altitude, make money work for you. Write a list of your 50 dreams review them and tick them off as you go. He uses multiply screens to help unclutter his mind. At the end of the day he prays gives thanks and says "I've done my best today and goes to sleep" an example from old American president, he gives thanks and tries to enjoy the moment...live in the moment it's all we have.
12. Key thing you bring to the world? Set your dreams to make them become your reality. Ask yourself how can I change the world? What are you going to do tomorrow that you've never done before? Find new ways to discover your bliss. 50 new ways.
13. American speaker who knew Martin Luther King and Malcom X told her story of her great grandmother and slavery and her story of coming to Australia and producing a film and working with Indigenous Australians. Her take out...she's 79 and she's planning her next career as a speaker. What's the thing about you to give thanks for?