



THE COACH HOUSE CLUB

HOW'S YOUR RIPPLE?



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Z.W.



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EVERYONE HAS A RIPPLE, YOU, ME, WE, US, THEM.

The **Ripple Effect** is powerful. You, me, we, us are powerful creators. In psychological terms; The ripple effect means that each of us creates (words, actions, behaviour) an impact often without consciousness or intention. We are so conditioned by our past experiences to respond in a specific way to a situation, an event, a person - we have learned to create and repeat a habit. Everything we do has an impact on others i.e the ripple effect.

Have you ever thrown a stone or pebble into a calm river, lake or ocean? What happens? A splash followed by a cascading ripple which continues to expand until the ripple has no effect. What happens if the river, lake or ocean is turbulent and choppy? The splash happens but the ripple doesn't register with all the turbulence in the water.

Our ripple can create a big impact or it gets lost in chaos. When we learn to use our ripple with positive and good intent at the right time, we can really help bring a shift in energy, positivity, momentum and motivation to you and others whether you see it or not, others experience whatever ripple you create.

Would you like a more positive impact as a leader, parent, partner, teacher, friend? You can, simply knowing your ripple effect and adjusting it accordingly. You never know who is watching, listening and learning from you.

Check out **The Coach House Club** Podcast Episode #4 The Ripple Effect [HERE](#)

Leadership is
knowing your
ripple and being
conscious about it.

How your ripple impacts others:

Your words. What you say has power. If you consider that many famous and infamous leaders have influenced people simply with their words. The chosen words you speak create an impact. We have no idea what state of mind others are in, we judge by our own standards, we often use words for our own ego and self. When we consciously and intentionally use words that convey a message in a simple story we can have a bigger impact to others. Remember that your story may have been told to a few, those few many have told their story of you a few and the momentum continues. Your words reach others far beyond what you perceive, your choice of words creates impact for children, colleagues, friends, family and strangers. **Tip:** Your words are not only spoken but written that may spread across multi media's. What is your message and what is the outcome you want from your words? Consider if your words are truth, kindness and necessary. Have an intent on what you want you want to achieve with your words.

Your energy. People feel you. We are made of energy. Quite literally our body are made of atoms, molecules, particles that have magnetic fields of energy. Just like magnets we attract and repel energy to or from us. If you think of a radio frequency, if you alter the frequency you can tune into different stations, all of which are different in terms of content. People can plug into our frequency. **Tip:** changing your emotional state to a high vibrational frequency will have a greater impact to others and attract that energy. Get in touch with nature, activities that create happiness and joy. Whatever you feel, you attract. Your body posture feeds into how you feel and how you are perceived.

Your actions. How do you one thing is usually how you do most things. Fast, slow, methodical, chaotic - your actions have an energy. Are your actions with confidence, deliberation, for the good of self and others? **Tip:** Your actions are non verbal, can be slight or forceful. What is the intent of your ripple, will it spread hope, joy and happiness? Will it contribute to a better environment for you and others.

Your kindness. Acts of simple kindness create others to feel special and appreciated. Listening, gratitude, appreciation, forgiveness, compassion and care powerfully impact your ripple. Think of a tie when you watched a movie and was touched by kindness. **Tip:** No matter where you go, give a gift. A compliment, let someone in the traffic queue, hold a door open, an acknowledgement - kindness doesn't need to cost a thing. Simply spread kindness by being kind to someone in your day.

How you can *consciously* create a positive ripple.

☆☆ Make your interactions intentional. Consider what you want to convey or articulate, think about the impression you want to create and leave. If you are a people leader, think about what you want to inspire if your team.

☆☆ Transmit warmth, compassion and kindness in your interactions and exchanges. If you are a people leader, listen without judgement and ask questions to understand more deeply.

☆☆ Be curious about others, ask questions where possible. Allowing someone to shine and share where you simply listen.

☆☆ Every person you encounter, give them a gift. A compliment, a flower, a silent well wish, an act of kindness.

☆☆ Be kind. Avoid judgement of others.

☆☆ Express your appreciation and gratitude to others, a note, a word, a gesture. If you are a people leader, openly say thank you and acknowledge small wins.

Maya Angelou

**SOMEONE MAY FORGET
WHAT YOU SAID, WHAT
YOU DID BUT THEY NEVER
FORGET HOW YOU MADE
THEM FEEL.**