

Jolene Brown, CSP
Professional Speaker
Jolene Brown LLC
Carolyn Harold
Office Manager

1636 Eureka Ave.
West Branch, IA 52358
Tel. 319.643.2429
Fax. 319.643.5541
Jolene@JoleneBrown.com
www.JoleneBrown.com

"Skunk People"™

by Jolene Brown, Farmer and Professional Speaker

Have you ever met a "skunk person"? Oh yes, they're out there, the pessimistic constant complaining, energy draining, negative attitude people. And, just like their black and white furry counterparts, they can make life miserable for those around them.

Skunk people come in all genders and ages. You find them in our family farm operations. You might even be married to one! It doesn't take long to "sense" their presence for they have a big effect on the environment and the behaviors of those around them.

What's the fallout?

- **Decreased motivation**

Negativists are convinced they have little power over their lives. Their victim mentality is contagious. Why bother to work through the challenge when the result is out of our control anyway?

- **Decreased energy**

Available energy is spent defending yourself or cleaning up the mess. You just get tired of the battles.

- **Decreased creativity**

You begin to censure your own ideas because you know they'll be shot down. This cautiousness limits possibilities.

- **Decreased health**

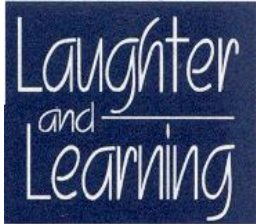
Stress lowers resistance and makes you sick.

What do you do with a "skunk person"?

Remember, a skunk doesn't mind it's own odor. You must take action.

1. Get rid of them, or at least put them where they can do the least damage.

For example, you may not be able to fire your dad, but perhaps he can do repairs, marketing, or record keeping while physically away from others.



Jolene Brown, CSP

Professional Speaker

Jolene Brown LLC

Carolyn Harold
Office Manager

1636 Eureka Ave.
West Branch, IA 52358
Tel. 319.643.2429
Fax. 319.643.5541
Jolene@JoleneBrown.com
www.JoleneBrown.com

2. Remove yourself physically and or mentally.

Acknowledge the skunk by saying, "You might be right." That takes away a fight. Then leave and focus again on your goals.

3. Dilute their power.

Surround yourself with positive people and resources.

4. Plug your nose, but don't hold your breath.

You decide their behavior will not effect yours. This means, you may need to go it alone. Perhaps your initiative and informed optimism just might spread to others.

An important reminder: As your check your environment for skunks, don't forget to smell yourself!

E-mail your questions about the "skunk people" in your life to Jolene@JoleneBrown.com I would also like to hear how you've positively dealt with those smelly folks.

Copyright © 2011 Jolene Brown, LLC. All Rights Reserved.

All articles belong to Jolene Brown, but you are free to reprint or repost them providing that you note Jolene's copyright, leave the article unaltered, and include Jolene's phone number 319.643.2429 and email address Jolene@JoleneBrown.com.