

**HOW TO
GET THE
MOST
OUT OF
TODAY**

KALEIDOSCOPE

Meetings can be ace or awful. Ever left wishing you'd watched paint dry instead? Here's 5 tips to avoid that fate:

1: BE INCURABLY CURIOUS

...or in other words, listen hard to others. Ask good questions, and check that you've understood their answers.

2: MEET PEOPLE NOT LIKE YOU

...as well as catching up with old friends. We learn more from people not like us; go out of your way to be surprised.

3: JOG YOUR MEMORY

...by finding a way to get the key parts of today to stick firmly in your mind. Take photos, tweet, scribble elaborately.

4: EMAIL STRANGERS

...or at least people who were strangers before you met them. Get their details and drop them an email so they have yours.

5: TELL SOMEONE

...what you're planning on doing as a result of today. Evidence shows telling someone means you're far more likely to do it!

Kaleidoscope brings people together to improve health and care.
Find out how we do this at www.kaleidoscope.healthcare