



## how to BE A BETTER DECISION- MAKER

with *Michelle Gibbings*, change and leadership expert and author of *Step Up: How To Build Your Influence At Work*

**Y**ou have to make decisions in order to progress. If your decision-making is ineffective, you'll either make limited progress or progress that takes you in the

wrong direction. Get it right with these easy tips.

**KNOW YOUR BIAS:** Bias pervades decision-making because we don't make decisions on facts alone. The brain takes shortcuts and discards information that doesn't fit with its world view. Be curious and invite different opinions.

**DON'T SILENCE THE DISSENTERS:** Be alert to when the person raising the dissenting idea is being ignored. Hearing their opinion will broaden your perspective.

**GET DELIBERATE:** It's easy to get distracted, so be clear on the process and time frame. Multi-tasking and decision-making are not a good combination because you lose concentration and productivity as you switch between tasks.

**KNOW YOUR OPTIONS:** Be clear on your choices and the likely consequences – choosing to do one thing may prevent you from doing something else. Understanding the trade-offs

means you are making the decision with your eyes wide open.

**BE DETERMINED:** Some decisions are easy to make as the best path forward is quickly identified, but other decisions can be more complex. Be comfortable with the fact that sometimes you'll need to make a decision with incomplete data.

**GET SLEEP:** When your brain is tired, it will usually take the path of least resistance, letting assumptions drive how you think and act. You need to be alert to make better decisions.

**MAKE THE DECISION:** *No decision* is still a decision. Procrastinating won't make the process easier.

**REFLECT ON IT:** Take the time to reflect on the process and outcomes. What happened? Did it turn out as expected? If not, why not? What could you do differently next time?

## how to FIND YOUR DOSHA

with *Jo Formosa*, Ayurvedic practitioner and founder of Brisbane's Back2Health clinic

**A**ccording to Ayurvedic philosophy, which focuses on maintaining physical and emotional balance, there are three body energies (or doshas): vata, pitta and kapha. While all three doshas are present in our bodies, the one that's dominant largely defines our physical build, eating habits, even vulnerability to certain illnesses.

**VATA** » They often have a slight build (though variability in size, shape and mood is a trademark), dry

skin, get hungry at unusual times, have irregular sleep patterns, enjoy excitement and change, and walk and talk quickly, with energy coming in bursts. They best suit exercises such as walking, cycling, yoga and dancing. Warm, soft foods like avocado, whole milk, ghee, root vegetables and cooked grains are best, while they should avoid drying foods like crackers, coffee and nicotine, and too much raw food. Signs of imbalance include insomnia, anxiety, arthritis, constipation and bloating.

**PITTA** » This includes Type A personalities and often people with red hair and a florid face. They tend to be ambitious, passionate and intelligent. If there's an imbalance, they can be jealous, argumentative, eat and drink excessively and suffer fever, rashes and ulcers. If in balance, their

face glows with happiness, and they're warm and loving. They're usually average weight and height, have a strong drive and like challenging sports such as skiing, hiking, tennis and mountain-climbing. Good foods include grapes, melon, egg whites, rice, zucchini, cucumbers and broccoli.

**KAPHA** » They're strong with a heavy build – skinny isn't a healthy goal. They tend to wake up slowly, lie in bed for a while and need a hit of caffeine once up. In balance, they're serene and have a happy view of the world. Signs of imbalance include weight gain, fluid retention and fatigue. They're suited to long-distance running, aerobics, soccer or rowing (anything to get them moving), and should opt for plenty of fruit and vegetables, avoiding heavy foods like cheese, cow's milk and red meat. □