



GIRAFFE- SPOTTING

The Giraffe inspires connection, community, well-being and safety. It's powerful and determined, yet peaceful and gentle. It's thoughts and behaviours are non-judgmental, non-blaming, non-demanding and non-threatening. It seeks to mitigate conflict and promote peace into the world

- a) Spend a day looking for these Giraffe traits in your colleagues at work
- b) Spend time monitoring your own Giraffe behaviours in different work situations

TICK ✓	GIRAFFE THOUGHTS / BEHAVIOURS	GIRAFFE CATEGORY
	'Take your time. I know it's difficult'	The Patient Giraffe
	'You've done a great job for the team. I appreciate your contribution alot'	The Grateful giraffe
	'What can I do to help you here?'	The Nurturing Giraffe
	'We need to respect the agreement we have drawn up. Doing anything else woud be unethical '	The Ethical Giraffe
	'You've been through a lot just recently. You must be feeling drained'	The Compassionate Giraffe
	'I want to be completely honest with you about this'	The Authentic Giraffe
	'That was my mistake. Sorry. I'll sort it out'	The Responsible Giraffe
	'Could you help me with this? I can't make it work'	The Vulnerable Giraffe
	'What can I do to be a better manager for you?'	The Humble Giraffe
	'I understand your position here'	The Respectful Giraffe
	'I know you haven't done it before but I believe you have what it takes'	The Trusting Giraffe
	'Just let me know whenever you need a hand'	The Kind Giraffe
	'You've been looking tired recently. Take some time to rest'	The Empathetic Giraffe
	' I cut you off when you were speaking. Sorry!'	The Apologetic Giraffe
	'I'll make sure we all have it by tomorrow, Count on me'	The Accountable Giraffe
	'I know you can do it if you want. Take courage and jump in'	The Empowering Graffe
	'We all make mistakes a t some time. Let's go over it again'	The Forgiving Giraffe
	'You've got a real talent for this type of sales role. I think you've got a bright future ahead of you'	The Complimentary Giraffe