

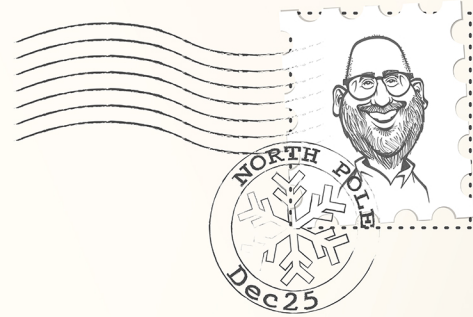
Give and Take

This year I read Adam Grant's book "Give and Take", which looks at how we tend to interact with others, and the effect this has on our success. One valuable takeaway I had from the book is the Five-minute favor: a small action you can take to help someone out that takes less than five minutes.

"Five-minute favors are great, because once you start looking for them, you find that there are a lot of ways to make a substantial impact on the lives of those around you, without taking too much of your time. These can be things like making introductions, giving small pieces of advice, taking the time to give someone feedback on an idea, or anything else that provides a lot of help in only a few minutes."

- Adam Grant - I/O psychologist

This holiday season, are there things you can do for the people in your life that may not take much of your time, but could have a meaningful impact on them?



Brought to you by

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