

Be Bulletproof

How to achieve success
in tough times at work



HAVE you ever tried to hold a conversation with someone while they check their BlackBerry? It's infuriating. Similarly, have you ever been talking to someone but become distracted because your iPhone beeps? If a mobile is apparent during a conversation it causes people to feel less positive about the person they are talking to, studies by Essex University have shown. Putting away your phone helps you to be more present, become a better listener and build better relationships.

**Be Bulletproof is a book by
business trainers James and
Simon Brooke**