



10 SUBTLE BEHAVIORS TO AVOID

(If you want people to respect you more)





1 INTERRUPTING OTHERS

Why does it cause disrespect?



-  Signals that your ideas matter more.
-  Makes people feel unheard, unimportant.

IMPACT MOVES:



-  Pause, count to 3 before responding.
-  Jot your thoughts while listening so you don't jump in.

2 ALWAYS BEING TOO SERIOUS

Why does it cause disrespect?



-  You may come across as cold or unapproachable.
-  People find it hard to connect or relate.

IMPACT MOVES:



-  Use light humor or warmth in your tone.
-  Show curiosity, not just competence.

3 REACTING TO CRITICISM

Why does it cause disrespect?



-  Signals defensiveness and lack of maturity.
-  Shuts down open dialogue and trust.

IMPACT MOVES:



-  Thank the person and ask for time to reflect.
-  Practice saying, “That’s helpful , let me sit with it.”

4 RUSHED SPEECH

Why does it cause disrespect?



-  Makes you seem anxious or underprepared.
-  Others struggle to take you seriously.

IMPACT MOVES:



-  Slow your pace and breathe between thoughts.
-  Use short pauses to anchor authority.

5 TOO MANY “UM”, “EHH”, “LIKE”

Why does it cause disrespect?

-  Dilutes your message and impact.
-  Suggests hesitation or lack of confidence.

IMPACT MOVES:

-  Embrace silence, pause instead of filling space.
-  Practice speaking clean, clear sentences in front of the mirror.

6 BEING OVER-AVAILABLE

Why does it cause disrespect?



- ⊘ Signals your time isn't valuable.
- ⊘ Blurs boundaries, inviting over-dependence.

IMPACT MOVES:



- ⚡ Use calendar blocks to protect focus time.
- ⚡ Say "I'll get back to you" instead of replying instantly.

7 NOT ASKING QUESTIONS

Why does it cause disrespect?



-  Signals disinterest or self-absorption.
-  People may feel you're not truly listening.

IMPACT MOVES:



-  Ask thoughtful follow-ups in meetings.
-  Use phrases like “What’s your take on this?”

8 OVER EXPLAINING YOURSELF

Why does it cause disrespect?



-  Makes you sound unsure of your own decisions.
-  Suggests you're seeking approval.

IMPACT MOVES:



-  State your decision clearly, then pause.
-  Trust that you don't need to justify everything.

9 ALWAYS BEING OFF ON VIDEO

Why does it cause disrespect?



-  Makes you seem disengaged or distracted.
-  Weakens your presence and credibility.

IMPACT MOVES:



-  Look directly at the camera while speaking.
-  Practice “smile with your eyes” for warmth.

10 DISMISSING COMPLIMENTS

Why does it cause disrespect?

-  Signals low self-worth or discomfort with recognition.
-  Makes others feel awkward for offering praise.

IMPACT MOVES:

-  Say “Thank you, that means a lot.”
-  Own your value, it invites others to do the same.

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