

Who Is On Your Communication Bus?

By: Stacey Macchi
Assistant Professor, Dept. of Comm.
FYE Faculty Associate



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Bus Stop

- Hand in your ticket
- Get on the bus....
- Greet the person around you with no energy
- Get off my bus....
- Greet the person next to you/around with as much energy as you can!



Every single day you
make a choice.

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Workshop Objectives

- All of you have the potential to impact the energy of the group.
- Create a purpose/vision for you as a member of your organization.
 - What is your role in this group?
 - Why did you want to be part of this group?
- Communicate so that others will see your energy and want to get on “your bus” & learn from your workshops.



Workshop Objectives

- Improve communication between members of your WIU team
- Manage “energy vampires”
- Realize we are all here together, to teach, to learn and to make our organizations better



Marshmallows

- Was there a leader? If yes, how was that decided?
- What was the group culture like? Did anyone tune out? Take over? Have experience in this activity?
- Any frustrations?
- Were your ideas received well?
- Did time limit make a difference?
- Do you feel your group was successful?
- What would you change?



Rule #1: You are the Driver of Your Bus

- “If you can see it, you can create it. If you have a vision, then you also have the power to make it happen.”
- As the driver of your bus, you are the one who must choose where you want to go. You have the best seat and view, so it is up to you.
- Self-talk
- Perceptions



Rule #2: Desire, vision, and focus move your bus in the right direction

- “It’s about focus.” “Without focus buildings don’t get built, paints don’t get painted and energy gets scattered.”
- Where are you focusing your energies?
- Have you communicated that?
- If yes, how are you communicating that?
 - Positive energy
 - Negative energy



Rule #3: Fuel Your Ride with Positive Energy

- $E + P = O$
- Events + Perception = Outcome
- We can't control everything in our life but we can control our perception of them.
- Roadblocks & setbacks, yes.
- Move forward
- Apply Rule #2 (desire vision and focus help you fuel your ride)
- Be thankful



Rule 4: Invite People on Your Bus and Share Your Vision for the Road Ahead

- You are the driver of the bus, so when you have your vision (for work, life, family, marriage, etc.) share it and ask people to get onboard.
- Appreciate the differences of your passengers and SHOW gratitude/kindness towards others of those differences.



However, some teams are more different than others...all teams share a common purpose and benefit from our different abilities.



Did you say Creativity is a Myth?!

Sorry Hulk, but with more metal than Mr T in a cutlery store, at least us three all have magnetic personalities!



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Rule 5: Don't Waste Your Energy on Those Who Don't Get On Your Bus!

- Some people are going to get on your bus and some won't.
- If they don't, that's ok.
- Don't
 - Talk bad about them or refuse to work with them
 - The more energy you give these folks, the less energy you have for those on your bus.



Rule 6: Post a Sign That Says “NO ENERGY VAMPIRES ALLOWED” on Your Bus

- People may be negative but you don’t need to feed into it.
- Communication at work
 - Supervisor
 - Downward
 - Upward
 - Horizontal
 - Informal



Rule 7: Enthusiasm Attracts More Passengers and Energizes Them During The Ride

- Have heart
- Emotions & Mindset
- Know what you are here to do
- “A life touches a life touches a life.”



Rule 8: Love Your Passengers

- “Love is the answer for the team’s success.”
- Who are your passengers?



Rule 9: Drive With Purpose

- “Purpose is the ultimate fuel for our journey through life.”



Rule 10: Have Fun & Enjoy the Ride

- If you could do something differently, what would that be?
- Is it okay to tweak what you say and how you say it depending on the situation, YES!
- Promote health & wellness in fun ways.
- Remember, move forward and don't dwell on the past. We all make mistakes.



**Your positive
energy and
vision must be
greater than
anyone's and
everyone's
negativity.**

-Jon Gordon



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~Thank You~

- Questions?

- Contact Info:

Stacey Macchi

298-1794

SM-Macchi@wiu.edu



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