

Boss
Your
Life



***"Confidence is a
process not a
destination"***

Emotional intelligence in the media

Dealing with challenging TV people

**When I said no and lived happily ever
after**

My Story

CURRENT

Birthered a Human during a pandemic.

Boss Your Life Media Coach.

Media Trainer.





Also my story

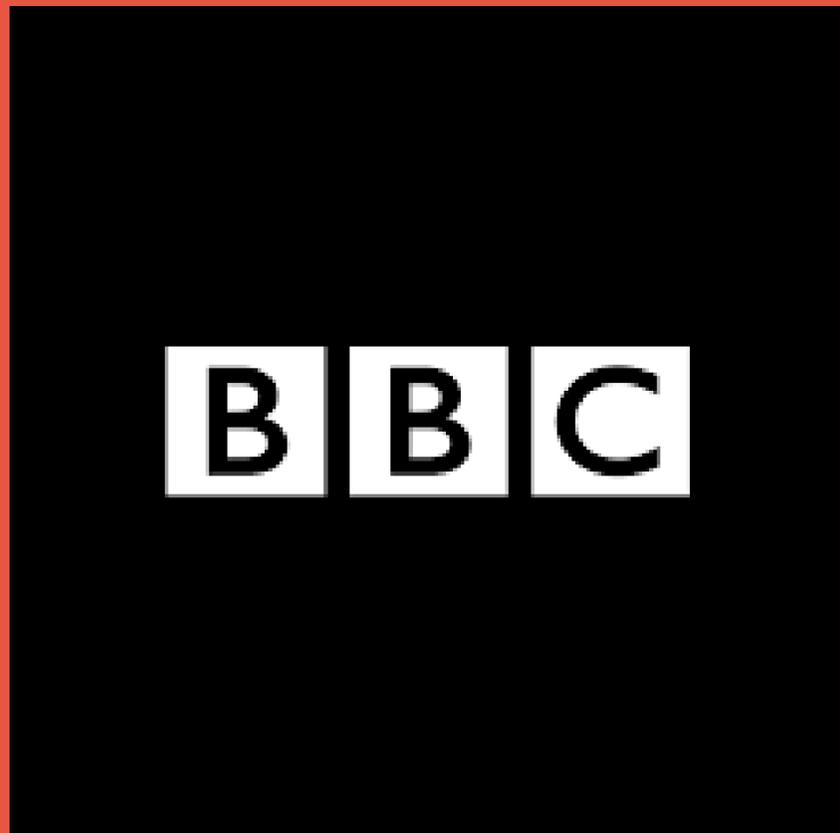
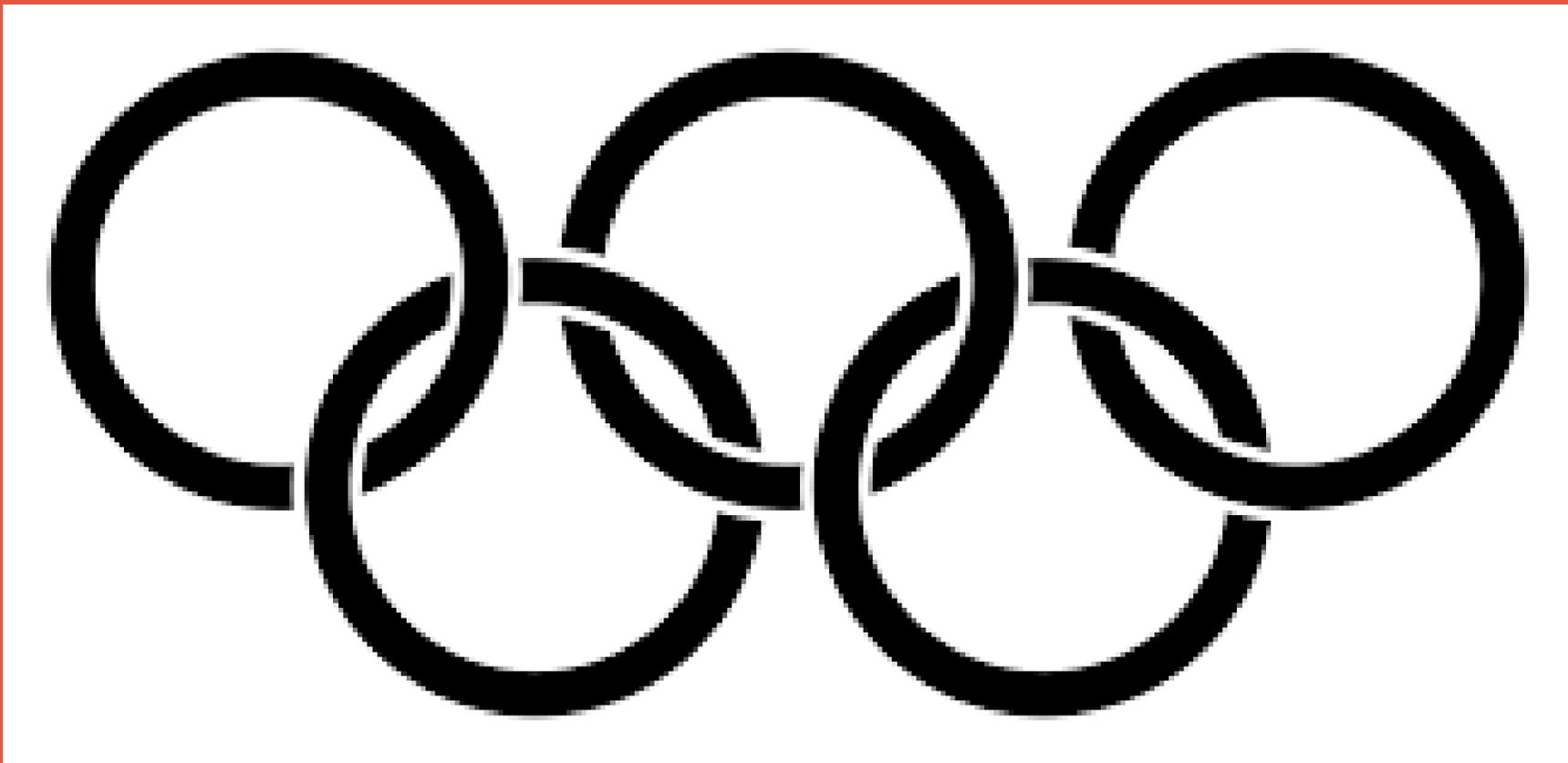
CONSULTANT Television Production
Production Manager
Producer
Production Executive
Runner
Translator
Kung Fu Master...

20+ years experience working within
the television and media industry.

Go To
padlet.com/pamellabisson/BossYourLife

Pen your question for the Q&A







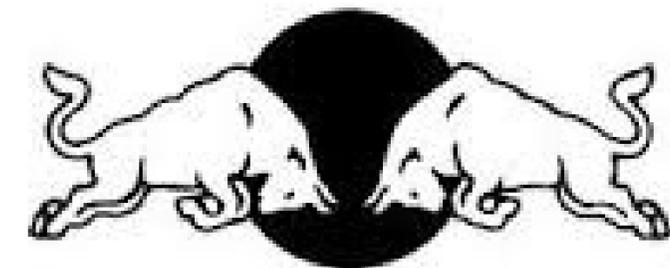
**Premier
League**



شبكة التلفزيون العربي



bectu



Red Bull

BAKU 2017 4th Islamic Solidarity Games





EMOTIONAL INTELLIGENCE

**emotional intelligence refers to
the ability to identify and
manage one's own emotions, as
well as the emotions of others**

You can communicate assertively - Address conflict



**You're very
empathetic - Build
real relationships**





You don't let one bad moment ruin your whole day - Be self aware of your emotions throughout the day



The time to build a
Network is always
before you need one!

NETWORK IN ALL DIRECTIONS

Peer to peer just as important as the power players (think long game, share learn from others, make long term relationships)

Use Linked In!



BE RECIPROCAL

Be genuinely interested in others people's projects and challenges. Offer support and advice be known as someone who offers help to others as well as asking for things.

Mutual beneficial etc



START SMALL

Whether at industry event or online small talk is good don't head straight to your elevator pitch. When you naturally get to work chat ask what exciting project are you working on? Gives the conversation more time to develop



ANYTIME ANYPLACE

Networking can happen anywhere via friends social settings and beyond

EMAILING

Sign post - compelling regards bar

Keep it concise

Get personal

Have a clear ask

Persist



CHECK IN

**How are
you feeling?**

How are you feeling?

Go to www.menti.com and enter code:

7129 9700



Dealing with challenging TV people

**Understanding different roles
and relationships!**

WHAT IF I TOLD YOU



**What if I told you
....it *STARTS* with you!**



**Start with
a Hug!**



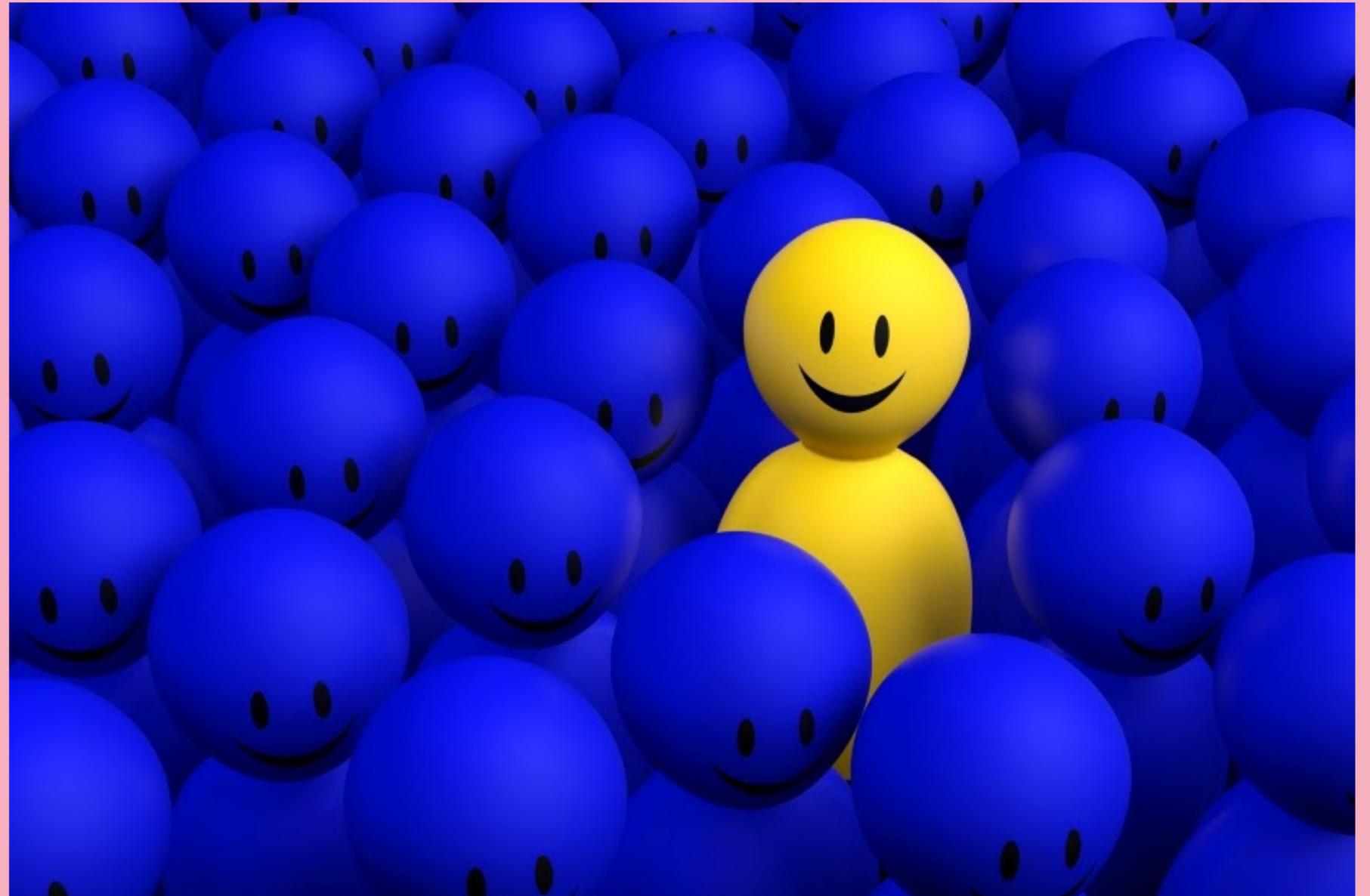
H.U.G

Hear them



H.U.G

**Do the Uncommon
thing**



H.U.G Guide them

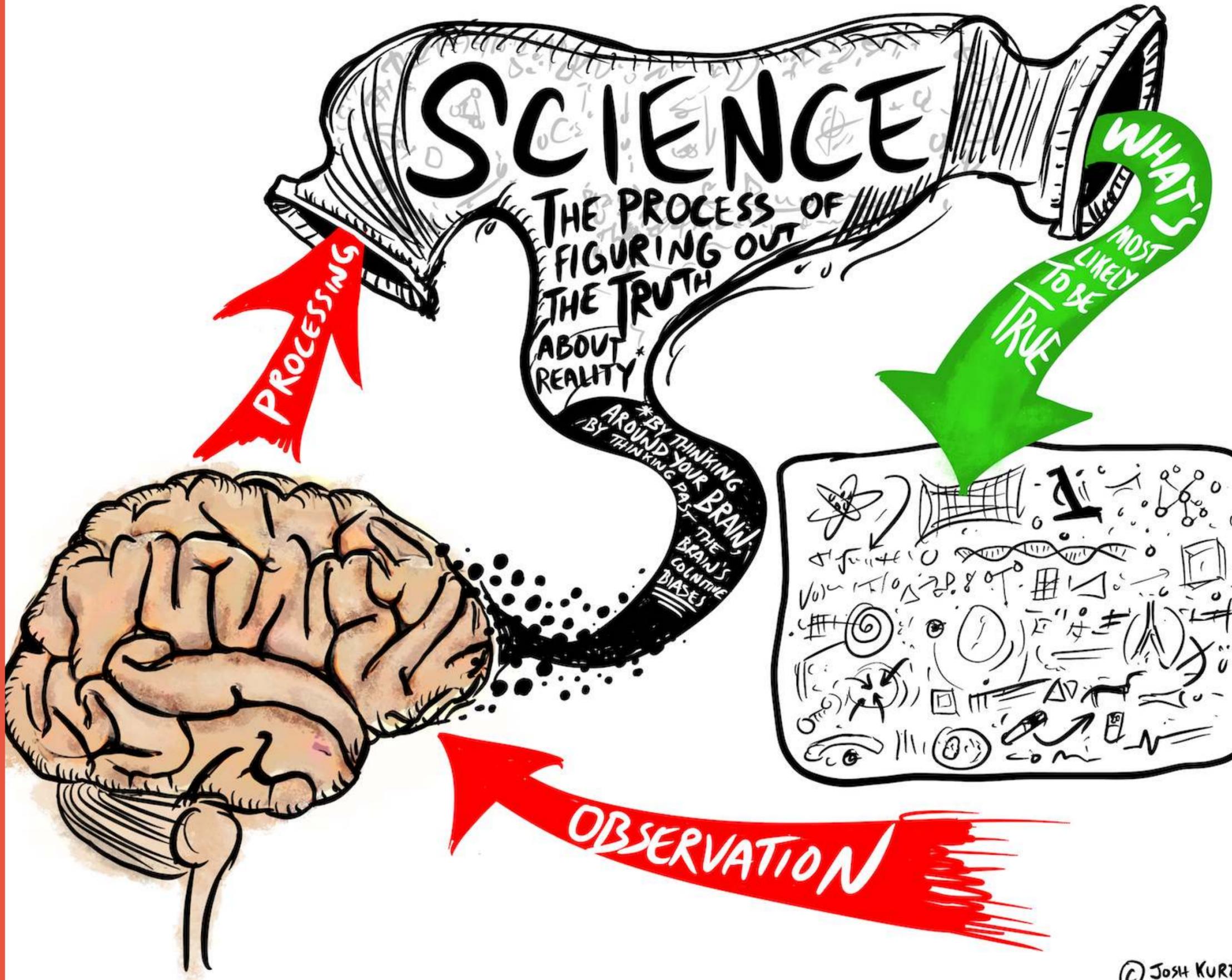


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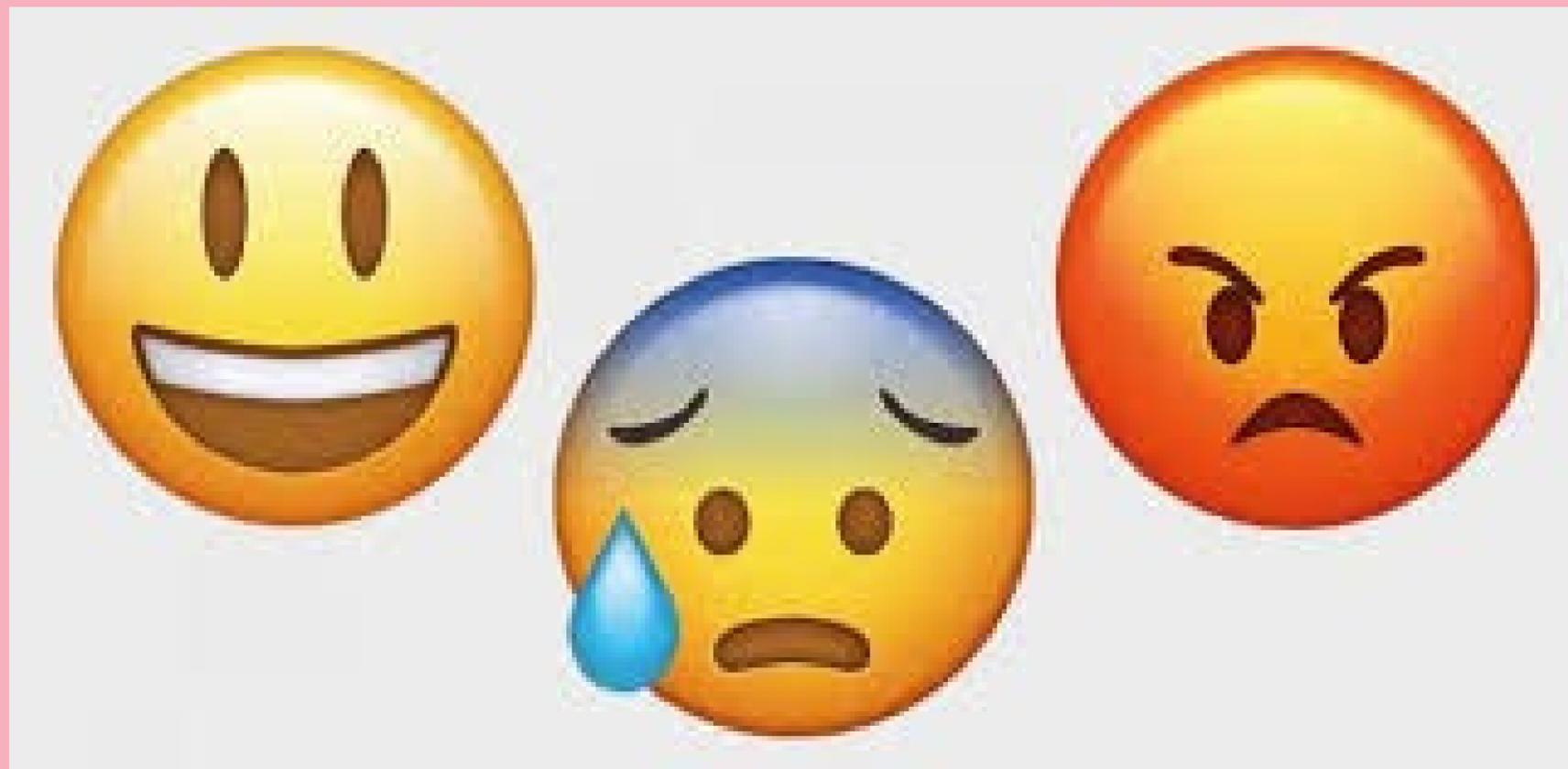


The Science bit...



Set limits



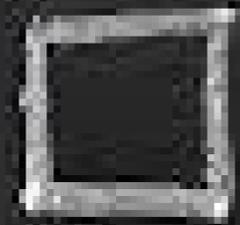


Stay aware of your emotions



Establish boundaries

focus on



problems



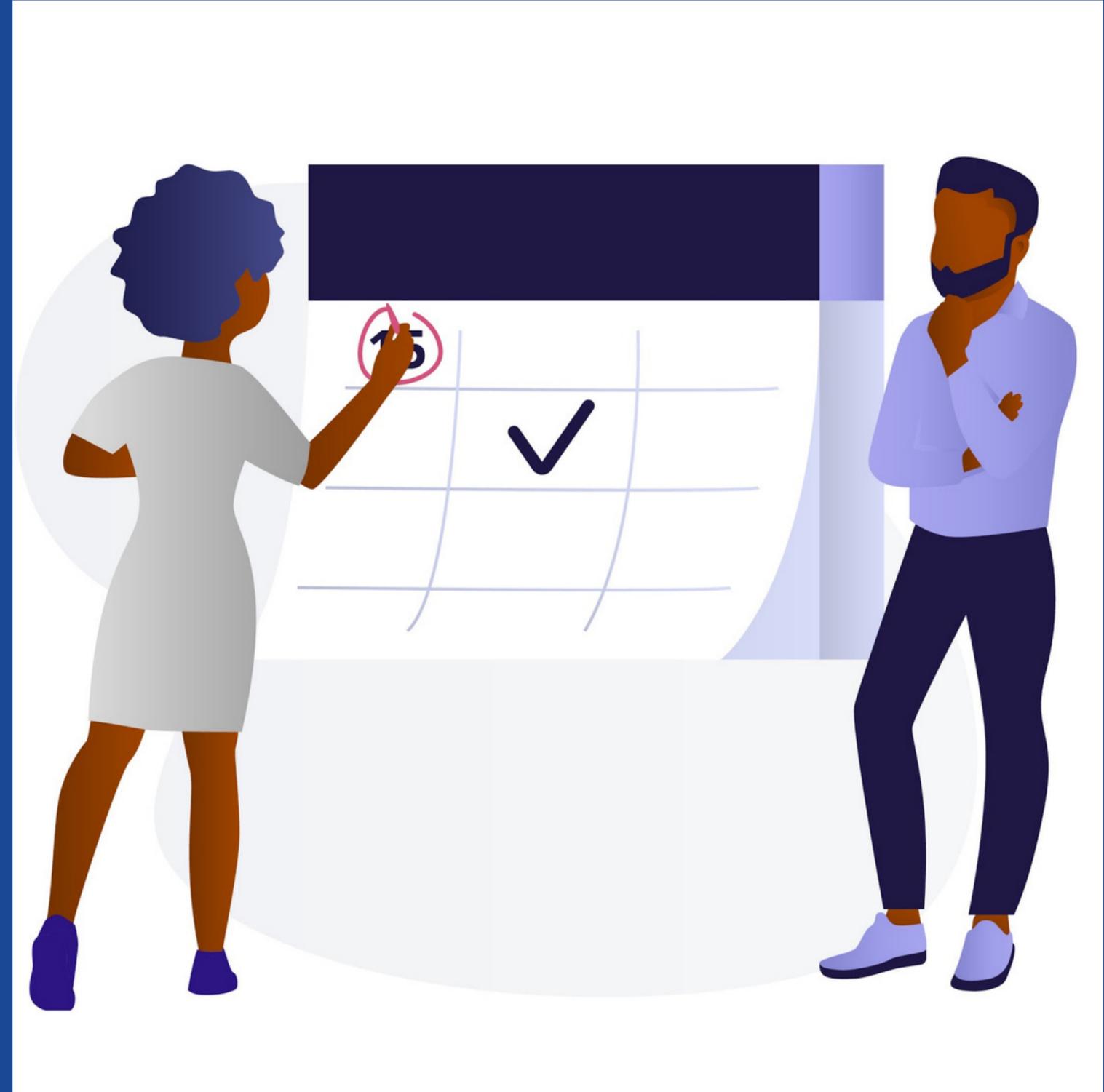
solutions

**Focus on
solutions**

Get some sleep



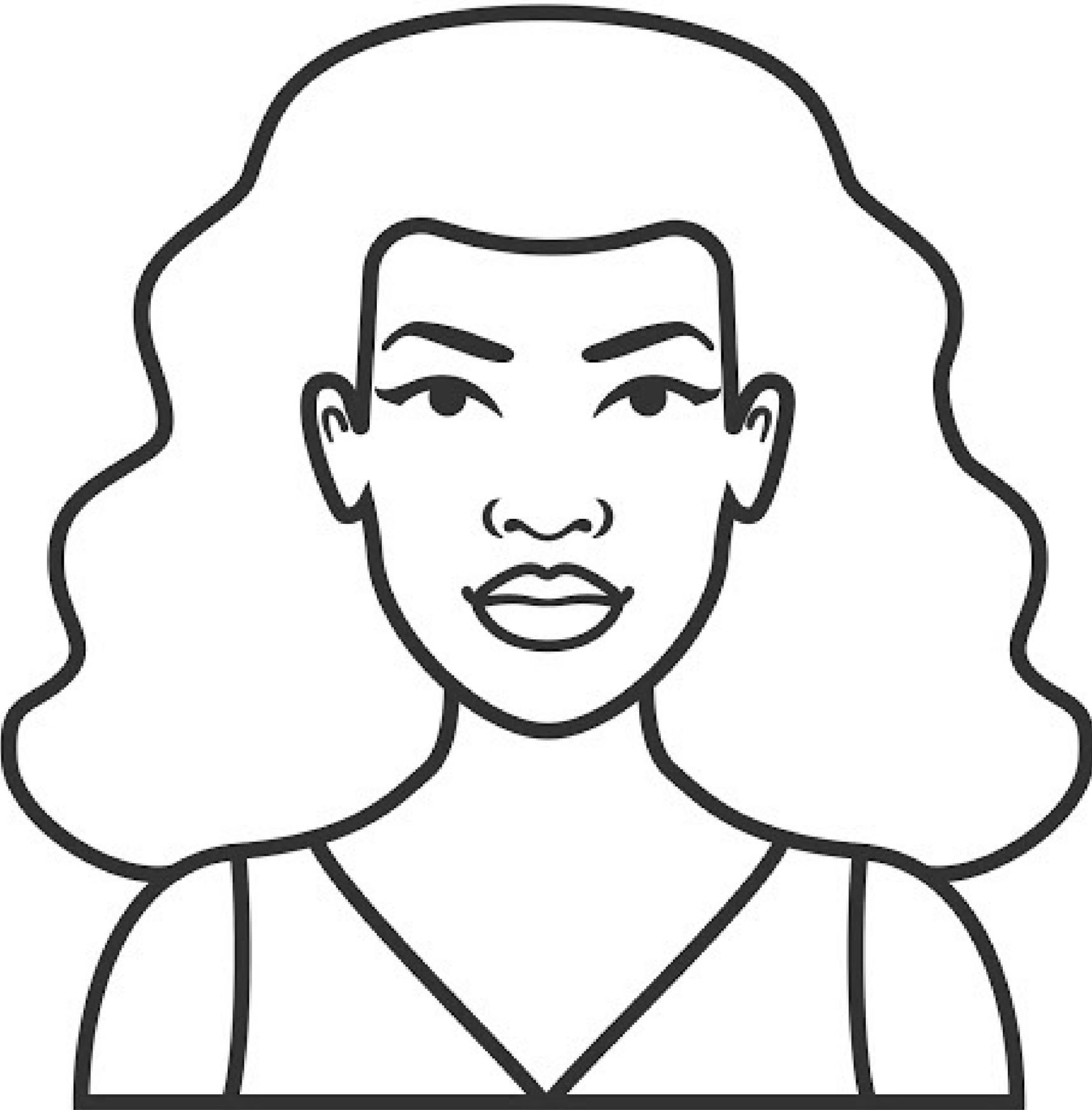
When I said no
and lived happily
ever after



Boss Your Life Takeaway:

**Pen your professional and soft skills
align with your passion**

Continue to develop yourself!



Work out your rate based on your personal budget top line and bottom line

Be prepared to state hourly rate, daily rate, weekly rate and pro rata rate. So if a company has ££ for the week state I could work ££ days maybe one day home (coffee shop, mums house anywhere!)

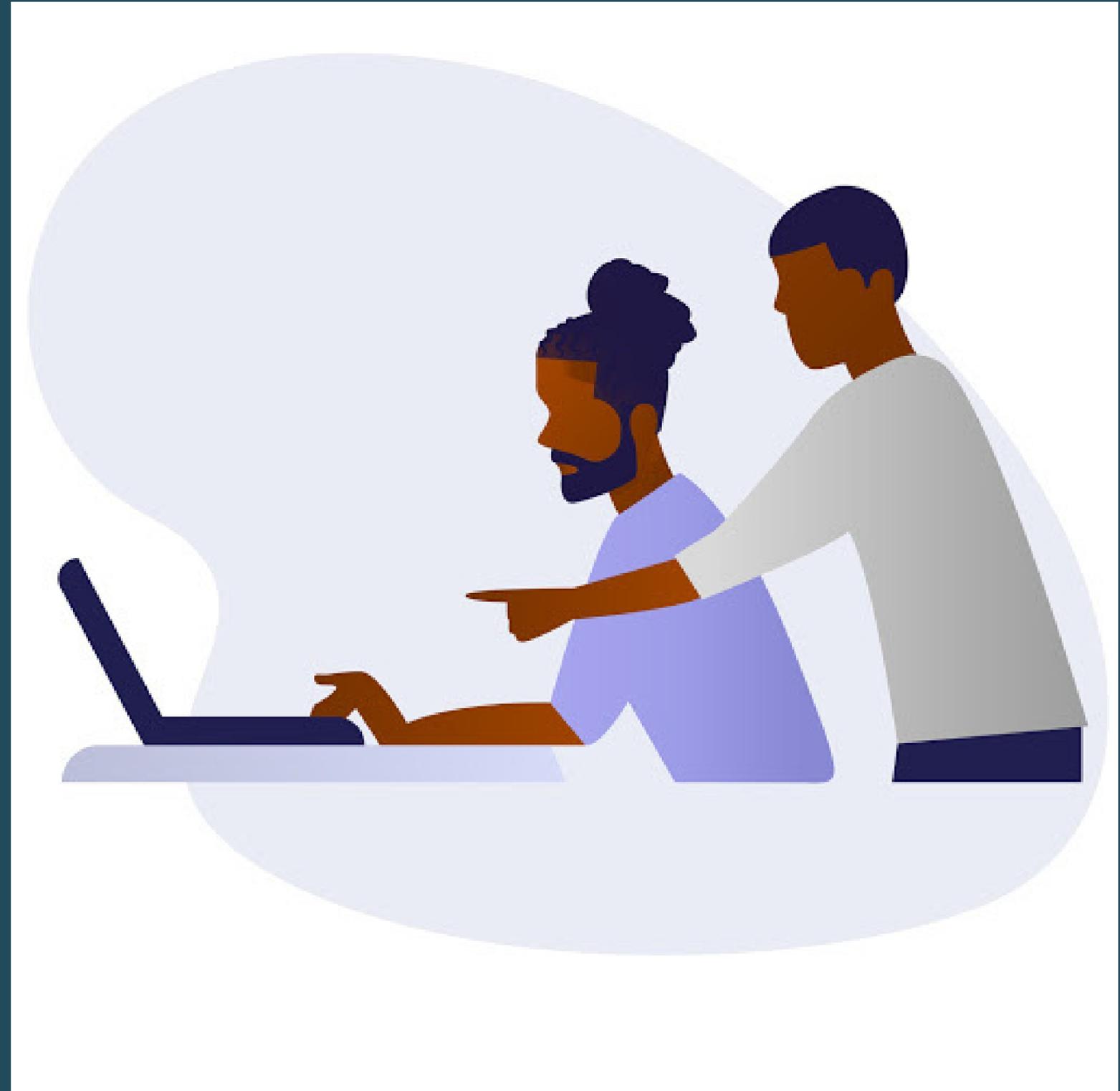
Never negotiate down always sell your add value

- Research the company business records
- Source the Decision Maker
- Ask questions about the production
- Ask about the company culture
- Check their current rates for your role
- Never compromise your wellbeing!



Boss Your Life Takeaway:

Re-connect with
someone in your
network and set up
a zoom call!



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Pen your question for the Q&A



Are you ready to
Boss Your Life!

Q&A

www.pamellabisson.com