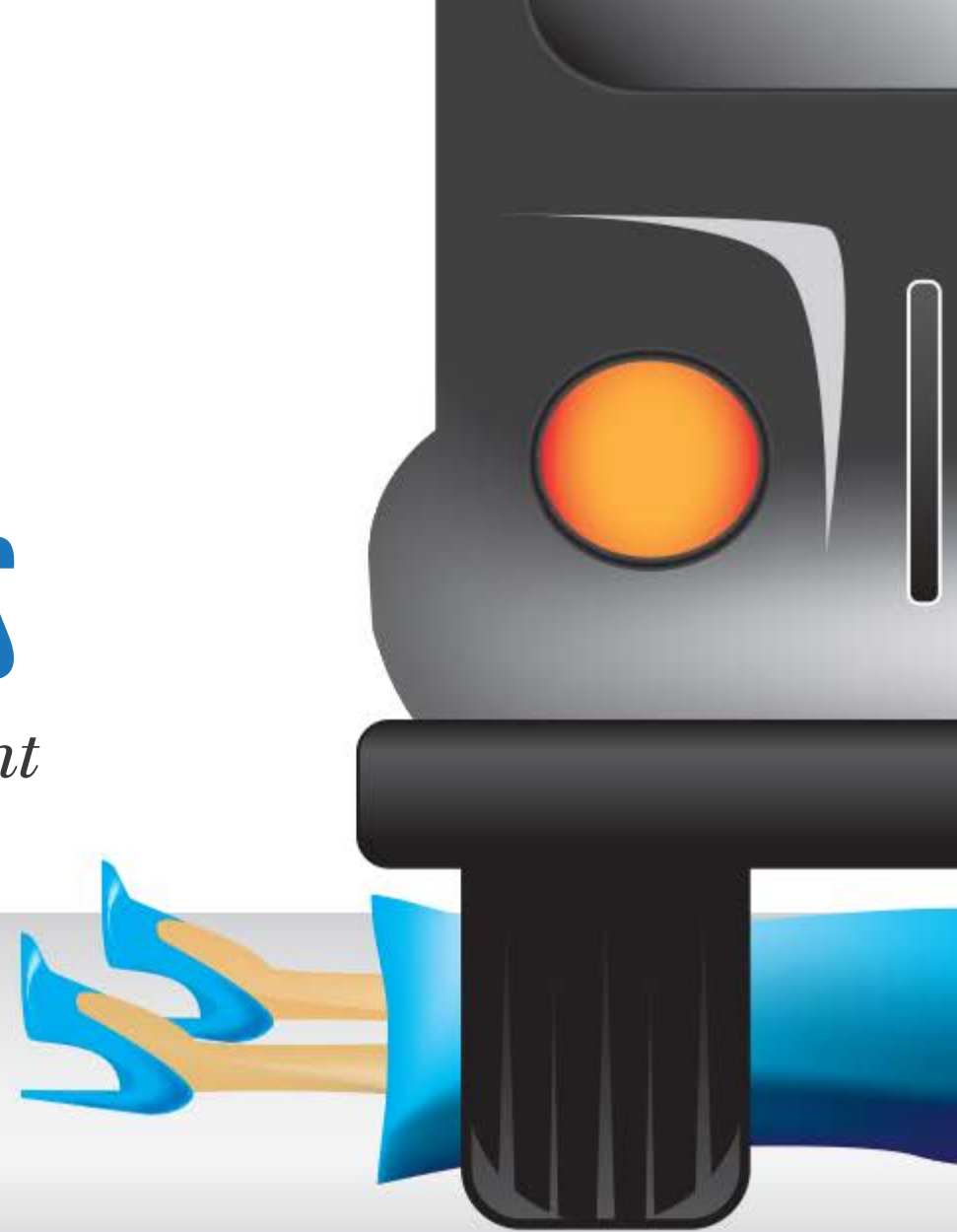


# OUT FROM UNDER THE BUS

*Nov. 16<sup>th</sup>, 2016 | A Pueblo West Chamber Event*



# PAT BLAKEY

*Transformational Author, Coach and Speaker*



- Business Woman with over 20 years of experience in marketing, advertising, research, sales, operations and recruiting for small to medium-sized businesses and Fortune 500 companies both nationally and internationally primarily in the technology, construction and education sector.
- Advocate, peer and social activist
- My mission is to help people live passionate and purposeful lives with awareness and fun.

Today's presentation is titled *Out from Under The Bus*. It was inspired by my own experience and interviews with over 300 women in various jobs and occupations.

We will first identify the problem, delve into it a bit and then look at what you can do to get out from under it.



# WHAT IS UNDER THE BUS SYNDROME™ OR UBST™?

- A trend in business by which a percentage of (men and) women are throwing subordinates, bosses or co-workers under the bus. It is often sudden or abrupt but can be chronic sacrificing, scapegoating or betraying other women (or men) at their places of business for some type of perceived or real gain.

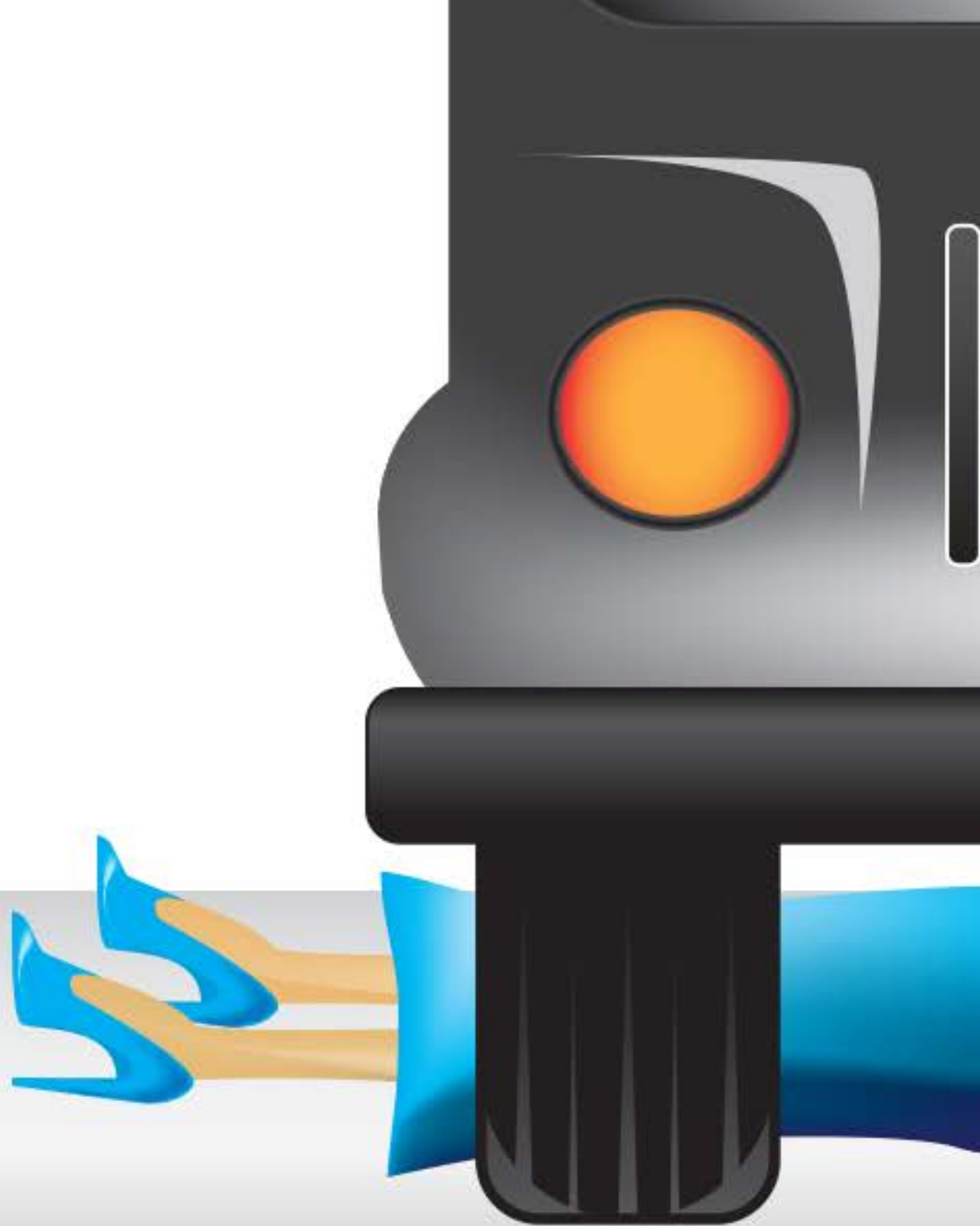


- What do you think are the telltale signs of UBS™?
- What have you experienced?



# TELLTALE SIGNS YOU'RE GOING UNDER THE BUS

- Gossiping
- Withholding Information
- Taking Credit
- Blaming
- Acting Jealous



# TELLTALE SIGNS YOU'RE GOING UNDER THE BUS

- Frustrated with requests
- Demeaning remarks
- Acting overly competitive
- Flirting or manipulating



# THE DOG AND FIRE HYDRANT™

- Making a mark on someone else's work
  - Assertion doesn't improve work
  - Like a dog peeing on a hydrant - marking just to mark





# WHO ARE THESE PEOPLE DOING THE THROWING?

## UBSer™

A woman (or man) who through insecurity, lack of internal validation or a perceived threat throws another woman (or man) under the bus. She can be a boss, subordinate or co-worker.



# WHY WOULD SOMEONE THROW A CO-WORKER, BOSS OR SUBORDINATE UNDER THE BUS?

- The Scarcity Mentality
- Masculine versus Feminine Acceptance
- Women's Image Issues



Before we get to the effects of UBS,  
I would like to try a couple of  
exercises with you. These exercises  
are a way to help you understand the  
two perspectives.

## FIRST THE UBSer™ AND THEN THE VICTIM™



# THE EFFECTS OF UBS™

## On Individuals

- Stop speaking up, depression, anxiety, sadness
- Lower productivity
- Decreased morale, innovation, ideas

## On Companies

- Decreased morale – like a rippling effect
- Outside vendors notice
- Decreased productivity, profit and loyalty to the company



# NOW, LET'S LOOK AT GETTING OUT FROM UNDER THE BUS

What can you do if you experience UBS™ in the workplace?



# WHAT CAN YOU DO IF YOUR EXPERIENCE UBS™ IN THE WORKPLACE?

- Talk to Human Resources
  - Change departments
  - Get demoted
  - Stay and be miserable
  - Be fired, laid off or quit and get a new job
  - Change yourself
-

# HOW, DO YOU ASK, CAN I CHANGE MYSELF?

- A Word to The Why's
- Journaling – The Road Ahead
- Positive Affirmations
  - I release the messages from my UBSer™ and step into my personal power.



# HOW, DO YOU ASK, CAN I CHANGE MYSELF?

- Transforming Thoughts and Judgments
- Changing breathing will change your thought
- Exhaling when a judgment comes in your mind and throw it out
- The Prayer Bus and Meditation
- Physical Exercise, Eating Healthy and Relaxation





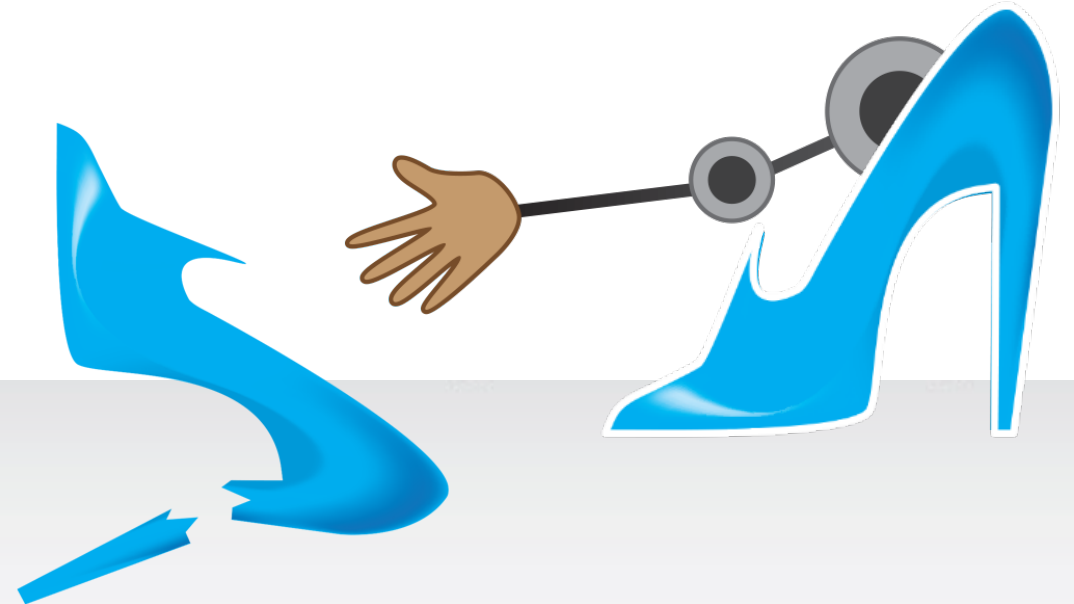
# A VISION FOR YOU

- Creating a vision for yourself
  - See the questions to ask on page 57 of the book
- Dream Bigger than you think possible
- Create Images, Words and feelings to your vision



# GET BY WITH A LITTLE HELP FROM FRIENDS

- Three to Five Request™
- Take the Pledge at [underthebusnomore.com](http://underthebusnomore.com)
  - When I find myself having the need to harm, hinder or halt the progress of a colleague, co-worker, client or vendor due to my own UBS™, I will be aware of it and stop it. I will look inside myself for internal validation and I will seek help to change it.



# VISUALIZATION TO GO ANYWHERE

Let's take a moment for a visualization that you can do at any time (except when you're driving or listening to your coworkers or boss or talking with your partner or significant other) to help you get energized, relaxed and focused.



# CONCLUSION

- Thank you for being such amazing participants in this workshop. I hope you learned a little more today about:
- The reasons and results about UBS™
- Solutions for positive change
- Empowering tools so you can stop UBS™ in its tracks

