EPISODE 33: How to Spot Secret Saboteurs

1: Learn to Spot a Saboteur

- Saboteur: Someone with the uncanny ability to blow up the status quo; spark conflict; draw attention to themselves; cause you to doubt yourself

2: Know the Saboteur’s Method

- Steal your joy, confidence, vision, hope, peace, pride/satisfaction in an achievement.
- Scramble your brain: Leave you confused about “What just happened?”

3: Learn the Different Types of Saboteurs:

- Yourself (your worst enemy)
- Group
- Individual

4: How to Spot a Saboteur

- Awareness
- Avoidance
- Don't take the bait!
- Don't take it personally
- Stay alert. Set boundaries. Stop getting snooker doodled!
- Leave! Speak up. Stop showing up! Keep your guard up!

Sources mentioned in this episode:

Communication Guys Episode 20: “Who is in the Room with You?”

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