MONDAY INFLUENCER®

A Powerful Digest of Strategies for Success in Business, Career and Life, from World-Renowned Experts

Monday, May 5, 2025

MONDAY INFLUENCER®
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MONDAY INFLUENCER® is published on the first Monday of every month. All other Mondays, we deliver condensed abstracts with **FIVE IMMEDIATELY ACTIONABLE STRATEGIES AND TOOLS ALONG WITH SPECIFIC TASKS, TIMELINES AND EXPECTED OUTCOMES.** The weekly abstracts also highlight three of our uniquely curated library of over 500 relevant expert talks and interviews with world-renowned authorities.

Allow us a brief note before we dig into this week's immediately actionable strategies and tools. Not every one of those that we delve into week after week is imperative for every subscriber. We encourage our readers and listeners to evaluate their primary existing and anticipated challenges to determine the appropriate prioritization of our strategic recommendations.

It is our privilege and good fortune, personal and professional, to have substantial collaborative relationships that span the world. Those include captains of industry, world-renowned educators, authors, thought-leaders, entertainment and sports personalities. The **THINK TANK CORNER®** brings you straight into the room with global icons:

- Nicolas Babin, former head of Sony Europe, EU digital ambassador and technology expert
- Michael Tobin OBE, Ex- FTSE tech CEO, English technology entrepreneur, author and philanthropist
- Kim-Adele Randall, fractional COO, transformation director and executive coach
- Peter Bodo, award-winning columnist and broadcaster
- Elliot Matloff, risk management authority, keynote speaker
- Dr. George Manning, leadership expert, author, academic, pre-eminent business consultant
- Selwyn Gerber, financial strategist, economist and philanthropist

- Lisa Ventura MBE, award-winning cyber security specialist, Founder of Cyber Security Unity, keynote speaker
- Dr. Melissa Sassi, world-renowned technologist, ex Microsoft, IBM, Goldman Sachs and BlackRock
- Patrick Rowan, preeminent marketing & strategy consultant for the U.S. Direct Response sales industry
- Bryan Eisenberg, internationally recognized marketing authority, best-selling author, keynote speaker
- And other notables…

This morning, please start with **A JOB IS PAYCHECK-TRANSACTIONAL; A CAREER IS TRANSFORMATIONAL WHILE ALSO PAYCHECK-TRANSACTIONAL.**

In this issue - hyperlinked for your convenience:

- **THE GOLDEN TICKET TO YOUR SUCCESS**
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- **STRESS IS A CONSTANT**
  The silent killer!" Recognize, understand, master it. Channel stress in a positive fashion.
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- **TUESDAY & THURSDAY INTERVIEW TOPICS AVAILABLE ON YOUTUBE, LINKEDIN AND EVERYWHERE YOU ENJOY PODCASTS AND INTERVIEWS.**

1. THE GOLDEN TICKET TO YOUR SUCCESS: SETTING AND ACHIEVING GOALS. WHERE ARE YOU? WHERE SHOULD YOU BE? WHERE ARE YOU GOING AND HOW WILL YOU GET THERE!

Without well-defined, attainable goals and a well-charted path to achieving our goals, we are rudderless ships in stormy seas.

Most people are too busy focusing on basic economic survival to advance professionally, emotionally, intellectually and fiscally. This pursuit aggregates to an all-inclusive, comprehensive career. A job will feed you. A career will fulfill you. And feed you.

Word to the wise: pursuing a suitable career is the only way to go!

1. **Mindset Shift: Job vs. Career**

A **job** is something you do to meet basic needs (food, shelter, belonging), often accompanied by a sense of obligation or dread ("I have to go to work again").

A **career** is driven by long-term goals, personal fulfillment and a desire to create meaningful impact. To have a successful career, adopt a mindset that prioritizes long-term objectives over short-term necessities and find work that aligns with your passions and values.

2. Do the Homework and Be Prepared

Success in a career requires relentless research and preparation. Manning emphasizes becoming a "shameless researcher" to assess risks, opportunities and liabilities before saying YES. However, one of Manning's Pillars of Success is: say YES to opportunities when most others say NO.

To build a career, invest time in learning, studying industries, where you are now and understanding the companies or roles you target to make informed decisions and stand out. Manning on "homework:" How much homework must you do? Not enough. And when done, do some more. Again, become a shameless researcher.

3. Seek and Create Opportunities

Opportunities do not just appear; you must actively seek or create them. Proactive individuals target specific companies, research decision-makers, and pitch themselves directly, bypassing traditional job application processes.

To have a successful career, identify your desired path, research target organizations and persistently pursue or create openings that align with your skills and goals. Sharpen your skill sets critical to the career you want to pursue. You must pursue…

4. Say YES to Opportunities

Career turning points often come from saying YES to opportunities others might reject, even if they seem daunting or uncertain.

To succeed, be willing to take calculated risks, do your homework, and embrace opportunities that align with your goals, even if they require stepping out of your comfort zone. Some poor direction signals to consider in earnest before saying NO to overcome these with more homework and positive attitude follow:

- **Do I have sufficient experience? Is my experience relevant to the career path I want to pursue?** Two self-sabotaging assessments that you can readily overcome.

- **This is not the right time to make this commitment.** We urge that you read/watch/listen to one of Steven J. Manning's Philosophies of Life LIFE IS NOT A DRESS REHEARSAL.

- **"This could be a big mistake! Better not make a change."** Another Manning-ism: "Never Consider Failure an Option." There is no point to start anything, even just considering a start, with anticipation of failure. You are embarking on possibly a self-fulfilling prophecy to fail.

You must forge ahead courageously and mightily, with the conviction that your success is imminent, dependent only on your commitment and work to get there.

5. Work Harder and Smarter

One of Manning's Pillars of Success is the need to outthink and outwork everybody. Outthink is a very tall order, one that those seeking rewarding careers must try. Outwork is indeed possible.

A career demands hard work and smart strategies, often more than what is required for a job. **The fortunate-for-you reality is that many people today are unwilling to put in the effort needed to transform a job into a career, creating an advantage for those who do**. To succeed, commit to working diligently, learning continuously and finding efficient ways to add value, rather than just meeting minimum job requirements.

6. Stay Ethical and Aligned with Values

A successful career is built on ethical decisions and alignment with personal values. Avoiding situational ethics (e.g., selling something unethical for profit); choose work that feels meaningful.

To thrive, ensure your career choices reflect your principles and contribute positively to your sense of purpose and fulfillment.

7. Pivot and Refocus for Long-Term Impact

Career success involves pivoting when necessary and refocusing on core competencies to stay engaged and impactful. To build a lasting career, periodically reassess your goals, align your work with long-term objectives, and pivot toward roles or industries that excite you and leverage your strengths.

Getting specific: What One Must Do to Have a Successful Career. To transition from a job to a successful career, you must:

- **Set long-term goals** that align with your passions and values.

- **Embrace Opportunities**: Say yes to challenging opportunities after thorough research, even if they seem risky or unconventional.
- **Commit to Learning**: Continuously educate yourself to build competencies and stay competitive. There has never been a better time given the abundance of learning materials and tools available to you.
- **Work Hard and Smart**: Outwork others by being proactive, innovative, and efficient, while focusing on meaningful impact rather than perfectionism.
- **Stay Persistent:** Pursue opportunities relentlessly; don't let setbacks deter you.
- **Maintain Ethics:** Choose roles and actions that align with your values to ensure
  fulfillment and avoid compromising your integrity.
- **Refocus and Pivot:** Regularly evaluate your career path, refocus on what excites you, and pivot toward opportunities that align with your evolving goals.

By adopting these principles, you can transform a job into a fulfilling career that drives long-term success and personal growth.

2. STRESS AS A CONSTANT

"THE SILENT KILLER!" EMOTIONALLY AND PHYSICALLY. RECOGNIZE IT, UNDERSTAND IT, MASTER IT. CHANNEL STRESS IN A POSITIVE FASHION.

At the end of each day take some time to assess your stress levels. You could either do this immediately once you have finished work or do this as a more informal process when you are falling asleep and at the same time remind yourself what you are working towards and why.

Stress, (as said previously by many notables), is your minds way of directing you to take action. If you do not, then the stress will get worse until you do.

An unmanaged list of tasks is a significant source of stress for many. Hence why task prioritization is so important. It acts as a filter and a plan, bringing order to potential chaos.

Tasks are key factors in determining stress levels especially when we discover some that are unexpected and urgent or have the potential to cause major problems when not dealt with fairly quickly.

By consciously deciding what to focus on and when, you gain clarity, increase control, improve efficiency, and significantly reduce the overwhelm associated with a heavy workload. These skills are fundamental for productivity *and* stress management.

The major problem for many is the matter of prioritization of tasks. These tasks are simply the activities we need to complete whether in a job, personal life or studies or any combination of those.

Volume overload is a major source of stress. This is compounded by our management or business partners or other stakeholders not understanding what it is that we actually do.

This compounding and the lack of desire to explain our every step causes them to misread our intent, the situation and think often that we are not pulling our weight when actually it couldn't be further from the truth.

The problem with overload when things do not go right is so frustrating it can cause complete meltdowns, demotivation or rushed work, all are detrimental to the business.

The complexity or ambiguity of tasks also compounds the frustration and contributes to stress levels which are actually high already.

We must address when multiple tasks seem equally important or urgent and different stakeholders see them as less or more important and underestimate the stress levels that people are experiencing just makes the problem worse. Some tools:

List Everything: Get all tasks onto paper or a digital list.
The Eisenhower Matrix (Urgent/Important): Categorize tasks:

- **Urgent & Important:** Do these first. (Crises, deadlines)
- **Important & Not Urgent:** Schedule time for these. Planning, relationship building, new opportunities are crucial for long-term stress reduction.
- **Urgent & Not Important:** Delegate if possible, or minimize time spent. (Some interruptions, some meetings…)
- **Not Urgent & Not Important:** Eliminate or do last. (Time wasters, trivia…)

Tackle your most important or often difficult task first thing in the morning. Allocate time on your calendar specifically for certain tasks.

Prioritization is crucial so you don't miss deadlines. You can of course use task management tools like Clickup or others.

You also must learn to be adaptable and focused on business objectives, otherwise you are in danger of doing the less important tasks just because you are people pleasing.

Breaking down the large tasks into small steps also helps to alleviate the stress of overwhelm from looking at the mountain you have to climb.

Reviewing your tasks regularly is most important.

Briefly assess stress levels at the end of each day. Do this prior to finishing work, or it could be a less regimented, more informal process of just thinking what stressed you out during the day. Promise yourself you will try to do something different the next time you face that situation.

Both these approaches will work. As with all guidance you must think for yourself and find out what works best for you.

In summary, take the time to think for yourself, ponder your tasks and the implications of not doing them and remember to focus on the business outcomes.

3. WAKEUP MOTIVATED AND ATTACK YOUR WEEK

Revisit your goals and ponder those: why did you put those goals together? If you do not know and find those to not or no longer be motivational for you, then we suggest you revisit those. Dig deep to discover what makes you tick, deeper than ever before. List those goals again and the motivations behind them. Make those your North Star of motivation.

4. OVERCOMING ADVERSITIES IN BUSINESS, CAREER AND LIFE

Success is achieved, seldom just a given.

The number one adversity that has befallen or is anticipated by just about everybody who is gainfully employed, or an entrepreneur is failure. Or fear of failure. Be that a business venture collapsing, missing a career promotion, a personal project not succeeding, a particularly daunting personal issue. All those will trigger self-doubt, even emotional paralysis. And, certainly, fear of any future attempts to make necessary changes.

The ultimate truths about failure:

- "Success is not final, failure is not fatal: it is the courage to continue that counts." The wisdom of Winston Churchill.
- What all successful people have in common is that their failures are never because of lack of effort or convictions.
- One of Manning's Pillars of Success is: **NEVER CONSIDER FAILURE AN OPTION**. There is no point in starting anything in life anticipating a failure. Even really successful people fail at things, often, repeatedly. Sometimes spectacularly. What they have in common is that their failure to achieve a desired goal is never because of lack of convictions nor effort.

Here are the absolutely necessary learning lessons to overcome adversities. Also, how to overcome those along with necessary tools you will need.

1. Failure
Overcome:

- Reframe Failure as Learning Lessons: what went wrong, why, how — all the lessons you should learn.
- Build resilience. When the going gets tough, the tough get going.
- Avoid overwhelm. Rome was not built in one day. Break down your goals into manageable pieces to be able to rebuild your confidence with small positive steps.

Tools:

▸ Professional debrief: Use a project management tool (e.g. Trello) to analyze what happened, why, and how to improve.

▸ Your honest journal: Your daily "inventory" of what you learned each day. Identify your bad and good patterns; reframe your failed actions and build on your good ones. Shift your perspective accordingly.

2. Financial Instability

Financial instability is the lack of consistent income or resources to meet needs, affecting business cash flow, career security, or personal stability.

Overcome:

▸ Diversify your income stream: offer/sell new products or services, find a side hustle.

▸ Budget (honestly) and prioritize expenses: allocate resources and spend with a clear mind. Never spend money you do not have in hand. Never spend anticipated income.

▸ Get smarter about managing debt, financial stability, investing. Massive learning tool and resources are just a couple taps on your keyboard away.

Tools:

▸ Budgeting apps.

▸ Financial education resources on budgeting, debt management and reduction, etc.

▸ Online investment platforms

3. Lack of Direction

Lack of direction is the absence of clear goals or purpose, leading to indecision in business strategy, career path, or personal aspirations. It causes stagnation and frustration.

Overcome:

▸ Clarify Values and Goals: Reflect on core values and long-term desires to set objectives.

- Understand what aligns with your vision and competencies.

▸ Seek Mentorship or Feedback. Consult experienced individuals for guidance and perspective.

Tools:

▸ Use a Goal-Setting Framework (e.g., OKRs - Objectives and Key Results). Use templates

(e.g. Google Sheets) to define objectives and measurable outcomes.

▸ Use Mentorship Platform (e.g., MentorCruise). Connect with industry experts for personalized career or business advice. Always reach out to people who have your best interest at heart and mind.

▸ Vision Board App (e.g., Canva) to visualize goals, track progress and stay motivated.

4. Conflict

Conflict involves disagreements or disputes with colleagues, business partners, or personal relationships, often stemming from miscommunication or differing goals. It disrupts collaboration and emotional well-being.

Overcome:

- Practice Active Listening to fully understand others' perspectives before responding to reduce misunderstandings.
- Communicate to achieve a mutually respectful and considerate discourse.
- Seek neutral third party "referees" for entrenched conflicts to facilitate resolution.

Tools:

- Lean to use Conflict Resolutions Tools widely available online.
- Learn to use effective Communication Tools widely available online.
- Mediation Services are best for resolving disputes. Effective and fiscally efficient.

5. Fear of change

Fear of change is the anxiety or resistance to new opportunities, such as adopting new business technologies, switching careers, or relocating. It stems from uncertainty and can hinder growth.

Overcome:

- Make gradual progress. Take small steps and keep building confidence.
- Visualize Positive Outcomes: Imagine the benefits of change to counter negative thoughts.
- Surround yourself with only positive and supportive people. Other people's negativity is contagious.

5. FEAR

Let us delve deeper into this potent reality, peeling back the layers of fear and revealing the raw, undeniable power that lies dormant within you, waiting to be unleashed.

That shiver down your spine, the tightening in your chest when you contemplate what you have to do? That's a primal echo from your DNA, a whisper from our ancestors warning of saber-toothed tigers waiting to pounce. But if you listen closely... is that really a tiger you're facing today, or just the shadow of one cast by your own mind?

As the insightful Michael Tobin OBE puts it, often "FEAR is only False Evidence Appearing Real!"

Here is the part that truly matters, the part that separates stagnation from soaring success. As universally quoted people have hinted, the fear itself is often the biggest monster under the bed. But take a moment, a truly honest moment, and conjure the alternative. Picture it vividly: no changes. Waking up tomorrow, next week, next month and next year to the exact same reality. The same draining job, the same unfulfilled yearning, same financial struggle, desperation gnawing at the edges of your soul.

That is the real horror story. That is your personal hell, your Groundhog Day on repeat! Surely that is way more terrifying than the temporary discomfort of facing your current fears.

This constant state of "what if I fail?" can lead to complete paralysis; doing nothing becomes the default, and doing nothing is the surest path to regret. “What if” is the slow decay of potential, the quiet surrender to mediocrity. Deep down, you know you were made to achieve more. You feel the pull towards something greater.

Again, as many universally quoted people have said, you are only scared of fear itself. Take the time to think about how much scarier it would be to make no changes in your life: staying in the same job, living your days the same—over and over, revisit your own personal hell, your own untenable groundhog day…

The only way to change that day and your life is to focus on the end goals, deal with and banish your fears, and forge ahead courageously and mightily toward a more productive, less fear-burdened life! Feel the fear and do it anyway!

6. RELATIONSHIPS MATTER – IMPROVE YOURS. IN EVERY ASPECT OF YOUR LIFE.

Make that call, send that email, knock out a quick text message! Prioritize the people who are important to you. Remind them how much they mean to you and tell them why they matter! This skill of relationship building is done by doing this, one person at a time. Nurturing the people who matter to you the most and creating stronger friendships and business relationships with them. Every single day!

Let us ignite this crucial aspect of a thriving life and career, the conscious, deliberate art of connection. Think of your relationships, both the deep-rooted old oaks and the promising new saplings, not as static objects, but as living, breathing entities. Like muscles, they strengthen with attention and exercise; neglected, they atrophy. Like a garden, they flourish with deliberate care; ignored, weeds take root.

The most dangerous phrase in the lexicon of connection? "Out of sight, out of mind". It is the silent killer of friendships, partnerships, and valuable alliances. In the whirlwind of our daily lives, it is fatally easy to let vital connections drift into the background noise. But the people who can elevate you, support you, collaborate with you, and enrich your life will not stay top-of-mind unless *you* put in the effort.

This is not passive; it is *active*. It demands intention. That nudge you feel to reach out. **Act on it.**

- **Make that call:** Your voice carries warmth and nuance a text cannot replicate.
- **Send that email:** A thoughtful message shows you invested time and consideration.

- **Knock out that quick text:** Even a brief "thinking of you" or "loved your recent post" keeps the connection alive.

How to start? You cannot water every plant in the forest every day. **Prioritize.** Identify the people who truly matter – the mentors, the champions, the collaborators, the friends who fuel your spirit, the family who forms your bedrock. These are the relationships deserving of your focused energy.

And here is the secret sauce, the element that transforms mere contact into deep connection: **Tell them WHY they matter.** Do not just say "Hi." Say:

- "I was thinking about that advice you gave me last month – it made a huge difference."
- "Seeing your success with [project] genuinely inspired me."
- "I really value your perspective/friendship/support because..."
- "Just wanted to say thanks for being you."

Remember Kim-Adele Randall's wisdom: people crave being listened to, respected, and understood. When you articulate *why* someone is valuable *to you*, you fulfil those fundamental human needs powerfully. You move beyond obligation into genuine appreciation.

This is not a one-off campaign; it is a **daily discipline**. Relationship building is a skill honed through consistent practice, one person, one connection, one thoughtful gesture at a time. It is about consciously nurturing the bonds that matter most, weaving a stronger, more resilient network around you. Treat every interaction, even brief ones, with respect and positivity. Share your enthusiasm – it is contagious and magnetic and yes, it is really that simple.

Every single day, make a small investment in your human capital. Send that text. Make that call. Express that appreciation. Because stronger friendships and more robust business relationships aren't built by accident. They are built by *you*, brick by valuable brick, every single day.

7. FINGER ON THE PULSE – CURRENT AFFAIRS TO TALK ABOUT

Do not take a deep breath if you are fearful of missing something…

"So much stuff (So Little Time)." - John Noir Smith, 2021.

Top of mind, in no particular order…

"Just when you thought it was safe to go back in the water…" Great line associated with Steven Spielberg's famous movie, JAWS.

Just when we think it is OK to go to sleep with the belief that the world will have changed for the better by the time we wake, the world, just like Spielberg's mythical, menacing Jaws ("Bruce"), rears its ugly and scary head.

The world remains at war…

Russia-Ukraine

Permit us to brag some…

In the very first MONDAY INFLUENCER®, we predicted that this immensely bloody war, likely 2,000 young men die daily, will be over within three months of Trumps' inauguration.

A particularly obscene war, absolutely fought for treasure—up to 40% of the immense mineral resources of Ukraine are in the territories already occupied by Russia—and Putin's nationalism and imperial restorationism insanity.

My calculus was simple. Wars are fought on money. Russia's "money" comes principally from natural gas exports to Germany. Trump threatens Germany with immense tariffs unless they buy natural gas from us. By the way, that will destroy some 10% of the GDP of Canada and Mexico… Think German cars assembled there. It would take Trump three months to turn on the spigot. After minimum resistance from chancellor Scholz, Germany, Mexico and [ultimately] Canada cave.

Well, I was wrong. It will take four months from Trump's inauguration.

Now, a partial inventory of winners and losers…

First are the so many people who perished. The immense loss of life.

Ukraine will never recover the Russian occupied territories.

Not a loser in entirety is Russia. It will just have to make do with the land they stole and the incredibly valuable minerals that come with that earth. While drowning in unsold natural gas.

Most scared are the Baltic states. Just a short hop for the Russians.

To all my friends who scream about NATO Article 5, nobody will send troops to defend Latvia, Lithuania, or Estonia.

Winners. The US will recover the $350 Billion largely squandered "aid" over short years, from mining rights of all sorts of minerals, particularly rare earth elements.

Ukraine is a winner because it will have the mighty US to protect its mineral interest against Russia. Russia will never engage in a war with the US in Ukraine. Or anywhere else, for that matter.

Zelenskyy and his cronies who likely remain the most corrupt band of "leaders" in European history. Also the wealthiest. Or so it is asserted in decades by all of Europe.

President Trump: can we send Elon Musk there to recover the many billions Zelenskyy and his buddies took home {no Hunter Biden sighting, by the way} with the cost of so many lives? I do not know that to a certainty. But if past history is any indicator…

The incredible grind of the Israel-Palestine war.

Astoundingly escalating. Quoting a Hamas foot-soldier I had the displeasure of meeting in New York, early '80s: "As long as there is one Hamas alive, Jews and Israel will never have a peaceful night's sleep." How right he was.

Can Trump really force Iran to hand over all nuclear assets required to build a weapon? Without making Iran wealthy again? Trump is not much for fostering regime changes. Still and perhaps, Trump can get there anyway as to Iran.

Then there are the largely forgotten or ignored or thought not *that* relevant "other" wars raging around the world. Some notables: Sudan, Syria, Myanmar, Congo (DRC), Yemen, Sahel Region (Burkina Faso, Mali, Niger). Estimates are that those "out of sight and mind" conflicts have displaced some 42 million people and caused famine for 112 million. Estimates. Right: why bother getting real numbers?

And then the other thirty-plus active combat areas in the world…

Interjecting here a strong suggestion. Watch or listen to a global broadcast sit down I did last week with Michael Tobin OBE. He is a multi-billionaire technology entrepreneur and thought leader from the UK. Also a cool guy. Certainly the recently deceased queen thought a lot of him to give him the Order of the British Empire. The discussion was on global trade wars, tariffs, the death of free speech (in the UK and the US), immigration and cultural diversity (the good, the bad and the ugly), technological frontier (the rise, opportunities, challenges and ethical considerations of the mighty AI) and more. You can find it on YouTube: https://bit.ly/4jyp0uL and elsewhere...

Focusing on what we Americans *used to hold to be the cornerstone of our democracy,* free speech is even "more dead" in the UK than just last week. Shockingly reminiscent of "freedom of speech" I witnessed when we lived in fear behind the Iron Curtain, before the fall of Communism. In the UK in 2025?

I fear that in the US, free speech has become merely a convenient and ordinary—read that as dumbed-down, thoughtless and mindless—battle ground of the shrieking fringes and intellectually bankrupt talking heads.

Clearly teaching math and "thinking" are not particularly prioritized in most of the world. Who are the brilliant minds who thought they could successfully engage in a

trade war with the US? It is perversely funny that the White House, the Departments of Commerce and Treasury, and the Office of the U.S. Trade Representative are having a logistical challenge scheduling negotiations with some 75-100 countries who have asked to do so.

And, we do not even have to travel to meet with them. They are coming to DC hat-in-hand.

Your humble scribe is anxiously waiting for a US—India and US—Indonesia, Malaysia, Vietnam, Thailand and Singapore—trade deals. How will *effectively cornered* China react? Will the CCP make a disingenuous deal with the US (make it and break it right away) or attack Taiwan?

India? If tensions between nuclear insane Pakistan and India escalate beyond "normal," that will be the game changer. China is ever-present in fomenting that powder keg. The most dangerous place on earth…

Technological advances continue to gallop way ahead of thoughtful management of social, political, legal, and intellectual constructs to put all that to positive use. Even altruistically. I encourage you to read, watch, listen to our many talks, interviews and podcasts on Technology and Digital Transformation. So much there, right through singularity, hierarchy of people and machines… The future is indeed here.

I would be remis to not share the most perversely funny interview in regard to technology. Uber-wunderkind, supercilious to the max Mark Zuckerberg on a podcast with Dwarkesh Patel. The same Zuckerberg who told us we need more friends. Thousands of them.

Now, not so much. As AI relationships become more sophisticated and highly personalized, although may not be particularly mind-healthy, and not without mind-numbing ethical concerns, you can easily go from the average well-functioning person who has three friends, to however many darned-near perfect friends you want. "Friends" who know more about you that you know about yourself.

As to "mind-healthy," a term I hope to coin, that leaves "body-healthy." Yes. Your laptop gives off sufficient heat. Yes. With that in hand or really nearby, you are mere clicks away from all sorts of feel-good knowledge. Even sleep-inducing apps. So. cuddle up with your laptop on a cold night for ultimate comfort and intimate interplay.

And without any complaints about anything. After all, "it" knows what you think, how you feel and what you "really" want.

Wish you and yours a fun and productive week.

8. SUBSCRIBER TIP OF THE WEEK

This is where you need to chime in. We are most keen to get tips on

topics of interest, relevant facts and figures, times, dates and places from our valuable subscribers.

Please, please, please. We love you but we want to make decisions on pitching your stuff. And you. Also, please keep in mind that, humbly, as a subscriber to MONDAY INFLUENCER®, you are in the company of a truly elite audience of businesspeople, academics and more.

So, please make your contributions count! To be clear, as much as we like pets, yours and ours, and all sorts of eating pleasures, please do not send us grooming tips for your pets nor your favorite recipes.

9. HEALTH TIP OF THE WEEK

Prioritize your health. Health is not something to put off until next week or next year or when you get to Q4. It is something that is a crucial element for you to focus on that will enable you to deliver on your commitments and achieve your goals. Deliver on your goals and doing so in good health, make those who care about you proud of you and happy that not only you are looking after yourself but also that you are inspiring them to look after themselves.

Be your own ambassador of good health.

Focus on that sport you have been putting off, take a visit to the Chiropractor, get your at least minimum daily exercise and build a body to be proud of later in life. While you are just thinking about it, how about you just do it! Get started; you are able to! Just get up and get going! You are not a tree.

And for those of you who are already exercising regularly, "Bravo!" Keep up the great work and make sure you get a healthy balance; and stay injury free.

10. THINK TANK CORNER©

Practical wisdom from our world-renowned expert contributors.

This week, it is again our privilege and a great benefit to our subscribers, to have wisdom from Kim-Adele Randall, this time on LEAD OTHERS THROUGH UNCERTAINTY.

Here's the truth: You can't lead others through uncertainty if you haven't learned how to lead yourself through it first.

So how do we build emotional resilience as leaders?

Here are 4 strategies I return to often:

1. Reframe the Challenge

Instead of asking, "Why is this happening to me?" Ask: "What is this teaching me?" Growth starts with perspective.

2. Feel It, Don't Fake It
Emotional resilience isn't emotional suppression. Permit yourself to feel, but choose how you move forward.

3. Ground Yourself in Purpose
When everything feels uncertain, come back to why you started. Purpose is your anchor in the storm.

4. Protect Your Energy
Boundaries, rest and reflection aren't luxuries but leadership tools.
Your team doesn't just need a strong leader. They need a well one.

Leadership is emotional work. The more resilient you become, the more space you create for growth, not just for yourself but also for the people you lead.

You don't have to be perfect.
You have to be present, honest, and willing to evolve.

11. TOPICS FOR TUESDAY'S AND THURSDAY'S INTERVIEWS

This week we have:

Megaforce Digigraph. How an Industry Was Born.
Opportunities seldom knock on your door or are around the corner. But, never ignore a gift-horse...
Listen to that here.

From Startup to Scale-up
Essential Tips to Rapid Business Expansion
Listen to that here.

Art the Janitor. Leverage Your Competencies...
Leverage competencies: yours, Art the janitor's and the CEO
Listen to that here.

AI's Role in Optimizing Life, Job Creation, Trends and More this Thursday.
We have another exceptional interview with Technology Expert Nicolas Babin, Ex head of Sony Europe AI and Robotics and Eu Digital Ambassador Nicolas shares massive value here

Link to follow on Thursday Morning

12. NEWS!

About upcoming subscribers' events…

1. Sign up to our monthly workshop on overcoming biggest life and career challenges. Send us YOUR biggest challenge that you can share with fellow subscribers. To <editor@legacymediahub.com> by May 25, 2025. We will send you logistics when you sign up.

2. Remember! Send us your favorite topic for a new expert talk, along with your top talking points! We will consider it and give you credit for it when broadcast. We will consider inviting you on the broadcast.

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