

# F. M. News

K. S. U., Division of Facilities

Newsletter: April 2013



Unleashing your potential

## 7 Effective Ways to Deal With Criticism

Nobody likes being criticized but, unfortunately it is a fact of life. To be able to respond to criticism with nobility and detachment is an important life skill, which few people have. If we respond to criticism without careful consideration, it can easily lead to unnecessary suffering.

### 1. What Can I Learn from Criticism?

Most criticism is probably based, at least in part, on some truths. Criticism may appear negative. But, through criticism we have the opportunity to learn and improve from their suggestions.

### 2. Respond to the suggestions not the tone of the criticism.

The problem is that people may make valuable critical suggestions. However, their tone and style of criticism means that we respond not to the suggestions but remember their confrontational manner. In this respect we need to separate the criticism from the style of criticism. Even if people speak in a tone of anger, we should try to detach their emotion from the useful suggestions which lie underneath.

### 3. Value criticism.

The problem is, that quite often, we only value praise. When people speak kind words we feel happy. When people criticize we feel miserable. However, if we only received insincere praise and false flattery, how would we ever make progress? If we wish to improve and develop we should invite constructive criticism and appreciate their suggestions.

### 4. Don't take it personally.

This is often the biggest problem which occurs with regard to criticism. If I criticize my Mother's cooking, she feels personally offended. But, it is a mistake to identify ourselves with an apple pie. Somebody may find good reasons why our cooking is bad; but, this does not mean they are criticizing us personally. When people criticize us directly, we should feel they are not criticizing our real self; but, just an un-illuminated aspect of ourselves. When we criticize others, we are perhaps criticizing their pride or jealousy; but, the jealousy is a mere passing emotion, it is not the real person.

### 5. Ignore False Criticism.

Sometimes we are criticized with no justification. This is a painful experience. But, potentially we can deal with it more easily than criticism which is justified. One option is to remain aloof and ignore it completely. We should feel that false criticism is as insignificant as an ant trying to harm an elephant. If we remain silent and detached, the criticism is given no energy. If we feel the necessity of fighting it – in a way, we give it more importance than it deserves. By

remaining silent we maintain a dignity that others will come to respect.

## 6. Don't Respond Immediately

It is best to wait a little before responding. If we respond with feelings of anger or injured pride we will soon regret it. If we wait patiently it can enable us to reflect in a calmer way.

## 7. Smile

Smiling, even a false smile, can help us to relax more. It creates a more positive vibration and smoothes the situation. It will definitely help psychologically. Smiling will motivate the other person to moderate their approach.

*Tejvan Pettinger works as a teacher in Oxford. In his spare time he enjoys writing on topics of self-improvement, meditation and productivity. He writes a blog on meditation and self-improvement called Sri Chinmoy Inspiration. He also gives Meditation Classes on behalf of the Oxford Sri Chinmoy Centre.*

Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots. ~**Frank A. Clark**

Any fool can criticize, condemn, and complain but it takes character and self-control to be understanding and forgiving. ~ **Dale Carnegie**

One mustn't criticize other people on grounds where he can't stand perpendicular himself. ~**Mark Twain**

"You can't let praise or criticism get to you. It's a weakness to get caught up in either one." ~ **John Wooden**

"To avoid criticism say nothing, do nothing, be nothing." ~ **Aristotle**



4-3 Alfonso Leyva

4-5 Kelvin Battle, Adam Cooke

4-7 Trudy Hess

4-10 Larry Melton

4-12 Heath Larson

4-13 Wendy Schlesener

4-14 James Ukena, Debra Acosta

4-16 Ki Ja Suh, Mike Schooler

4-17 Leland Speirs

4-18 Zunilda Dominguez

4-21 Jay Henning

4-22 Larry Huninghake

4-26 Douglas Kraemer

4-28 Larry Gliniecki

4-29 Christal Mann, Art Sias

4-30 Charita Falley

"Choose a job you love, and you will never have to work a day in your life."  
~Confucius

March 4, 2013



Christal Mann was hired as a Welder, She is working for Mike Paph in the Plumbing Shop.



Steve Ortmann was hired as an Electrician Senior. He is working for Donald Wainwright in the Electric Shop.

March 13, 2013

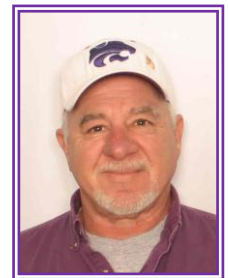
Betty Slattery was re-hired as a temporary Custodial Specialist. She is working for Steve Greinke on the Custodial night crew. (Picture not available)

Rose Hamilton was hired as a Senior Administrative Assistant. She is working for Jay Henning in Central Mail Services.



March 18, 2013

Thomas Volanti was hired as a Custodial Specialist. He is working for Beverly Price on the Custodial day crew.



March 5, 2013



Maximillian Collado was rehired as a temporary Custodial Specialist. He is still working for Steve Greinke on the Custodial night crew.



Jonathan McBee was hired as a Custodial Specialist. He is working for Stephanie Brecheisen on the Custodial day crew.

March 11, 2013

John Chubb was hired as a Custodial Specialist. He is working for Steve Greinke on the Custodial night crew.



Eunjung Han was hired as a Custodial Specialist. She is working for Christina White on the Vet Med Custodial night crew.





Ross Kibodeaux's position was reallocated to a Refrigeration/Air Conditioner Service Technician Senior. He is still working for Travis Homeier in the HVAC Shop.

## Caught in the Act of Doing Good!

**Kudos to: Calvette Williams and Stephanie Brecheisen, Water's Custodial Crew.**



Pictured above: Calvette, Stephanie and John Woods.

Special thanks go out to Calvette, and Stephanie plus many others who were on the scene at Weber Hall. It was quick thinking and actions that prevailed in a difficult situation. Kudos to all who helped!

**Kudos to:  
Burt Pearson,  
Custodian at  
Ahearn  
Complex**

John Woods, Director of Facilities Services received a note from Clint Hafliger, Peters Recreation Complex:



“John, I just wanted to let you know....as you may or may not get a lot of these emails, but Burt @ Ahearn Pool is GREAT!

He is always kind and very friendly. He is very attention orientated and is always working whenever I see him. Great employee and asset to KSU!!

Thanks Burt for all you do and thanks also to Clint for your kind words.”

**Steve Releford**, Custodian from the Waters Complex custodial crew, died Tuesday March 5, 2013 at the Stormont-Vail Health Center, Topeka, Kansas.

Steve worked at Kansas State University in facilities for over 35 years. Facilities sympathy goes out to Steve's family and friends. Steve will be greatly missed.

