



turning managers into leaders

Merge's Monthly Mega Minute – March 2005

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Merge Gupta-Sunderji helps turn managers into leaders. Through engaging keynotes and facilitated workshops, she gives people specific and practical tools to achieve leadership and communication success. Contact her at www.mergespeaks.com or 403-605-4756

“If you play with dog, you must get fleas”

On a recent visit to the Caribbean island nation of Trinidad and Tobago, I discovered quickly that even though "Trinis" speak English, the local vernacular contains many intriguing expressions. One such expression: "If you play with dog, you must get fleas." A friendly Trini obligingly explained: "If you associate with lowlives, it will eventually rub off on you," he said.

It occurred to me how true that is of any aspect of our professional and personal lives. If you associate yourself with negative people, it is not long before their toxicity begins to affect you and pull you down to their level. Similarly, if you make a conscious effort to surround yourself with positive upbeat people who can serve both as role models and a source of inspiration, that too will eventually rub off on you. Yup, the Trinis have it right: if you play with dog, you must get fleas; but the kind of dog and fleas you choose to associate with is up to you!