

# MTD Quick Tips

# How To Ask For Help

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# How to Ask For Help

One of my trainers was completing a 2-day management and leadership course a couple of days ago when one of the delegates asked her a great question that I would like to share with you, along with the answer of course!

Here's the question:

"I find it difficult to ask for help from my colleagues when at work because I don't really know how to ask for it properly without feeling embarrassed or feeling that I am stupid, how can I do this?"

Here are my thoughts:

It's unfortunate that a lot of us think this way because it is an all too common question that I get asked whilst training and consulting as well.

People don't like to be seen to not know what they are doing at times or that they feel that others will look down on them if they are seen that you cannot do the job yourself.

This is ludicrous when you think of it.

But the bottom line is that many of us cannot ask for help in a way that makes us feel OK and that gets the other person to say yes!

The secret in doing this is technique!

I recommend that you approach someone, not for their help, but for their opinion on something.

So, if saying "Can you please help me?" makes you shiver at the very thought of saying it, then try:

"Could I get your opinion on something?"
or
"Can get I get your take on.."
or
"Could you give me some advice?"
or
"I'd really value your opinion on.."
or
"I'd value your thoughts on.."

By phrasing the "Help" question in this way you are basically saying that you know what you are doing but you would also like "another take" on it as well.

Also, by using the phrases above you are in effect saying to the other person that you really value their knowledge rather than just saying "Can you help me"

Try out these phrases and they will make a massive impact on your working relationships.

Who knows? It could even lighten your workload!

As always, if you need anything from us please just shout.

Until next time, take care of yourself.

Live, love and laugh!

Sean

Sean McPheat
Managing Director
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# About Sean McPheat




## Sean McPheat

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Founder and MD of international management development firm MTD Training, Sean McPheat is widely regarded as a leading authority on modern day management and leadership.

Sean is a bestselling author, and has been recognised for his own business building skills through the **British Business Awards** and has been featured in the **Who's Who Of Britain's Business Elite**.

He has been a regular judge for the UK's Young Enterprise Programme but was not as horrible as Simon Cowell (well almost!)




Sean has been featured on **CNN International, the BBC, SKY, ITV, The Guardian, Forbes, Arena Magazine, Marketing Weekly, Business Zone, Winning Edge** and radio stations such as BBC WM and LBC (London's Big Conversation).

Sean has over **250 media credits** to his name and his weekly email tips go out to over **60,000 people** interested in management and development strategies.

Sean is also a **much sought after media figure and motivational speaker** on all topics related to management, HR, business improvement and entrepreneurialism.