

Friendlier English

The Transcript

Okay, so have you noticed like how sometimes you'll hear like a super common phrase and it just makes you like cringe a little bit?

Oh, yeah, totally.

All the time.

Yeah, I was in a meeting the other day and somebody was like, "Alright, let's kill two birds with one stone" and honestly, it kind of felt a little off. Yeah, so that's actually what we're gonna be diving into today, like why this expression which everyone uses might actually need like a major update. So we have this article and it's all about how the language we use like shapes how we think, and especially in like the workplace. So, how phrases like 'kill two birds with one stone' well, they could actually be impacting like our company culture and like even how we make decisions.

Oh, wow. That's fascinating. I mean, it makes sense when you think about it, like even though we don't mean it literally words have power.

Yeah, totally and the article actually argues that like using any type of violent language, even if it's like metaphorical, can actually end up being like counterproductive and like today's business world.

Like when I first read that I thought it sounded a little extreme, but then like the more I thought about it's like... hmm... okay, maybe they're on to something here.

I mean think about it, you know there's actually been quite a bit of research lately and it's actually showing that violent metaphors can like trigger negative associations in people, and for some people it can even like increase aggression.

Wow, that's kind of scary.

It is a little bit and so like in the workplace, right that can actually lead to like people not wanting to work together, like less collaboration more conflict.

Totally, which is the opposite of like what we're trying to do.

Exactly an opposite.

So it's not just like about, you know, trying to like sound nice or whatever. It's literally like creating an environment where people can actually do their best work.

That's a great point.

So like what are we supposed to say instead? What does the article suggest?

Okay, so the article suggests using phrases like let's solve two problems together or let's try to create a win-win situation.

I like that win-win.

Yeah, right.

Yeah so much more positive.

Exactly they're much more positive and these options not only, you know, they avoid the violent imagery, but they actually shift like the entire focus to collaboration right like working together for mutual benefit.

Mm-hmm. It just sounds so much better. It's like we're, you know, proactively trying to find solutions together instead of trying to like, I don't know, like conquer some obstacle. The article actually mentioned that they work with like coaching clients. And that they respond way better to this kind of language.

That makes sense. It makes you feel better I mean, it's all about you know, like framing these challenges in a way that encourages people to be creative and to really want a problem-solve and when you say something like win-win you're signalling that like everyone can benefit from the situation. Which you know in turn fosters a more collaborative innovative mindset.

Mm-hmm. That's really interesting, like I've never even thought about it that way, like we're literally choosing the language that's gonna help us achieve our goals as a team. Instead of like, you know trying to dominate the situation. Okay, so like imagine you're writing an email and you're about to type "kill two birds with one stone". What if instead you said something like let's see if we can solve a couple of problems at once.

Oh, absolutely, I love that and you know what, I think the impact of just making that one small change could be huge, because 1. your message is going to be received so much more positively, right? But 2. you might actually even like spark a way more

constructive and innovative approach to whatever you're working on. I mean, it's really all about setting the right tone and creating a foundation for like a more collaborative and effective working relationship.

So I am totally convinced. We need to pay attention to the language that we're using, and it's so much more than just, you know, like trying to be politically correct. It's about literally being strategic with the words that we're choosing and you know It kind of makes you wonder like what other expressions that we use all the time could be like holding us back, like what phrases have we just like blindly accepted as being like normal in a business setting that might actually be like super counterproductive to like creating an inclusive and really innovative environment.

That's a good question.

It's a huge question, right? And it's definitely something that we should all be thinking about so, this has been such an eye-opening deep dive. And you know what? It's shown me how even the smallest changes in the language that we use can have a massive impact especially at work.

It's true.

So what are some expressions that you think we could all like update, let us know.

I'd love to hear them.

Alright, that's it for today's deep dive. See you next time.

Bye. Bye

Bye. Bye

Transcription:TurboScribe