

A Talking Story Index on *The Daily 5 Minutes*

1. [The Daily Five Minutes](#). – Your starting point: the page 145 excerpt from *Managing with Aloha* defining the Daily Five Minutes within the value of ‘Ike loa, to seek knowledge and wisdom.
2. [Organizational Change and the Daily Five Minutes](#). – Positive change = new learning = increased confidence with all kinds of change. Read more about this connection, and about how the D5M becomes part of the formula.
3. [The Water’s fine: Take 5 and jump in](#).- “Okay Rosa, I’m sold on the Daily Five Minutes, so what’s the best way to start? Can I just try it, one employee at a time, or should we huddle first so they know its coming? Are there any red flags to Taking 5 just with my own crew, if I don’t get it blessed first by the guys upstairs?” Take this next link for the answers.
4. [Logistics of the Daily 5 Minutes](#) – This covers the practical how-to manage your time for the D5M, ensuring you cover your entire team.
5. [Hey boss, what do you want to know? - Part 1](#) – *This is a must read!* Coaching for the employee on what to say and what to do when your manager asks you to “Take 5” with them.
6. [Hey boss, what do you want to know? - Part 2](#) – Now the manager learns how to handle the D5M conversation so that the employee **can** talk.
7. [Talking to your manager](#) – Talking to each other at work shouldn’t be this difficult! Not about anything. And managers, *this is your responsibility*. It is up to *you* to create an environment where communication flows easily and effectively, and no employee ever hesitates to approach you when they need to.
8. [Why Talking Story?](#) – A great story of the power of the Daily Five Minutes with communication at all levels.
9. [5 Minutes Daily = Work Life Reinvention](#). – The Daily Five Minutes will reinvent and uplift the connection you have with your employees; so much so that your relationships with them will never be the same again — they will be far better.
10. [365 Ways To Manage Better](#) – The beauty of the practice: “It is more important for the manager to get his information quickly and efficiently than to get it formally.”
11. [360 degree review? How about 5 minutes instead?](#) – How the 360 Review and the D5M can work together.
12. [It really does take only 5 Minutes!](#) – The D5M makes press in *The Globe and Mail*.