

## CEP Magazine – September 2021 Is it really about you?

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By Kristy Grant-Hart

*Kristy Grant-Hart* ([kgranthart@sparkcompliance.com](mailto:kgranthart@sparkcompliance.com)) is the Managing Director of Spark Compliance Consulting in London, and author of the book, *How to be a Wildly Effective Compliance Officer*.

- [compliancekristy.com](http://compliancekristy.com)
- [twitter.com/KristyGrantHart](https://twitter.com/KristyGrantHart)
- [linkedin.com/KristyGrantHart](https://linkedin.com/KristyGrantHart)

Have you ever walked into your boss's office, found them glowering at you, and wondered what you did wrong? Or received a snide look from someone in the grocery store and guessed that they didn't like what you were wearing? Most people have experienced negativity and immediately jumped to the conclusion that they did something to cause the reaction. But frequently, it's not true.

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