

# IMPACT By Coaching



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## Success Strategy--Spirituality at Work-Part 2

Tip #3 Take time to listen...to your own inner thoughts, gut feelings and inklings, first and foremost. Secondly listen to the comments made by those around you. Do they affirm your own intuitive thoughts? If they are different, take a moment to invite the person to share their insight -- it may well be the answer you have been looking for. One of the most powerful gifts you can give anyone is the gift of listening. Start with yourself and then practice listening to others. Make it a playful game to strengthen your listening skills and see what happens.

Tip #4 Create community time. In order to bring Spirit back into your business or family, it is important to bring people together. Have regular sessions with team members or family to share their thoughts with each other and with you. Much like "Open Mike" Nights at your favorite karaoke restaurant. Allow team members and/or family an opportunity to express themselves and demonstrate their talents. If the members of your team love what they are doing, the workplace will thrive exponentially.

Tip #5 Take time to be alone with your own thoughts. Perhaps you can turn off the radio while you are driving or you can take 10 minutes to just sit quietly. Give yourself the gift of quietness so you can hear the messages from your intuition.

### **Suggested Reading:**

**Spirit at Work: Discovering the Spirituality in Leadership, Conner, Jay A., 1994 Jossey-Bass, San Francisco**

**Bringing Your Soul To Work: An Everyday Practice, Peppers, Cheryl and Briskin, Alan, 2000, Berrett-Koehler, San Francisco**

This newsletter has 479 words and should take 4.5 minutes or less to read.

A small price for knowledge!

Finally - Put your Spirit in Work. Start with a few of these simple steps and remind yourself to be present - to be here, today, this moment.... to be present with yourself and those around you.

Know your purpose, know why you are on this planet and then live your mission. Stressing, forcing a plan, worrying, will not bring you joy and contentment. When you live and work as though today is the most powerful gift you have ever received, you will indeed be more successful than you have ever imagined.

### **Coaching Challenge**

Take a moment to consider the questions above and assess what you can do to wake up every morning with passion and joy! Find ways to put more Spirit into your work and life. You will find this success strategy to be the biggest return on investing in you!

### *Seeds of Change:*

"Be changed and the world around you begins to change." ~Gerald Epstein, Physician

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