

IMPACT By Coaching



June, 2008

Success Strategy--Spirituality at Work-Part 1

It seems to me that one of the major challenges in our life at work is that our spirit is muted, muffled, covered up and placed in the corner. When I work with my clients, they often bring up issues of life balance. They feel over-worked, over-stressed, and adrenaline has become their drug of choice.

They want something more than the 50, 60, or more hours at work. Some feel they are in jeopardy of losing something - connections with family, friends, and co-workers. Some want something but aren't sure what "that something" is. They are in a hamster cage and the wheel is moving faster and faster. Friends tell them to slow down. Family is taken for granted.

Sound familiar? I've been there. And at times, still there. What I have learned is that I can stop the frenetic and frantic push of the Inner Critic to be busy. It is the Inner Critic that tells me to do more, be more, have more. My Inner Critic doesn't ask if I am healthy. Inner Critic isn't interested in how I feel when I'm tired. Only that I get back on the horse and do it better and faster than anyone else.

I have learned to recognize my Inner Critic's voice and in that moment, stop and ask myself if I what I am doing is in the best interest for myself and others. At that moment, the small, but mighty voice of Spirit – and you have heard me refer to this voice as "the coach" – takes on a stronger presence. The small voice overcomes the pushy and irritating voice of the Inner Critic. Instantly, I am at peace and recognize that Inner Critic is working against my best interest.

It's magical in how that small voice turns down the irritating and self-serving Inner Critic. That's when I

Seeds of change:

"We change the world not by what we say or do, but as a consequence of what we have become." ~Dr. David Hawkins

This newsletter has 633 words and should take minutes or less to read.

A small price for knowledge!

take a different direction. I find ways that elicit the best for myself and others. I take more breaks. Call friends and arrange for lunch or dinner. Spend more time with family and find ways to make it fun. I make sure that my client's know that I am one of their biggest supporters and find ways to add resources or connections.

That's when I know I am functioning out of my purpose and connecting in ways that I might have ignored had I continued to listen to my Inner Critic. Sound familiar? If so, I want to share a few tips to bring Spirit back into your work and life.

Tip #1 Ask yourself: What gets me excited about the day when I get up in the morning? What do I do that makes the world a better place? What can I do fill my spirit with work that matters? Does the purpose for my workplace reflect the purpose for my life? If you have a purpose statement, revisit it. Plan to do one thing each day that puts your purpose into action.

Tip #2 Take time each morning to greet the day. Say "Good Morning!" and mean it. Or simply say "Hello". It may well change the path of your entire day. "People don't care how much you know until they know how much you care....and that goes for your own internal conversation.

Next Month – Continues with Part 2!

Sherry Greenleaf, RCC, is a corporate coach, trainer, and co-author of **Right Retention For The Busy Manager** and **Crisis Hiring for the Busy Manager**. She can be reached at 440-899-9010 or

Page 1