

Courageous Living in the Workplace (topic 2)  
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Let's face it! It takes courage to get up and go to work some days! And if that is more often the case than not, I suspect you have some serious inward "looking" to do, to discover what you really want your energies directed towards, rather than what you are currently doing for work! A courageous step in itself!

So let's say you look forward to work and are enthusiastically involved at your place of employment. But there is this one person, that no matter what you do or say, they just don't get it! They annoy you to no end, but you have to work with them so you tolerate it. Then one day, an over-due project brings you in direct relationship with this individual, as you are now jointly responsible for getting it finished in a limited amount of time. You just know this will never work! You are convinced that this person will not collaborate or contribute, will cause problems because they don't like you, and you have the feeling you can't trust them anyway. With your mind focused on "setting them straight" from the get go, you call a meeting to discuss moving ahead. What will be the outcome of this discussion, given the attitude described above? How will the other person "show up" in response to how you are "showing up"? Is there any room or spaciousness here for success?

Our preconceived thoughts, opinions, beliefs, and conclusions can eliminate the possibility of a unique outcome, unless we learn to recognize them, and choose to shift our attention to a more interesting conclusion. Using the above scenario, let's see what would happen if our attention is shifted to the conclusion of "this person is as interested in succeeding in the project as I am". Can you sense the openness the new conclusion creates? You have not condoned any past behaviors, but are *willing* to see that this person, (like all of us) is in their heart wanting a positive outcome as well. You at least give them the benefit of the doubt. The direction is now set to achieve success as partners moving ahead. The person is now "allowed" to show up in support of the project, rather than being discounted as a non-contributor.

Look around to see where at work, or elsewhere this idea of "*conclusions*" may be altering your view. It could be that your boss is just a jerk! But if there were a day when he was not being a jerk, do you think you would notice? Probably not, because our brains are so good at gathering more evidence to support our conclusions, we miss the good when it does occur. Ask yourself, where might I choose a different, much more interesting conclusion to demonstrate? And now imagine the possibilities!

Being courageous involves being *conscious* of our thoughts, beliefs, opinions and conclusions, so we can choose to "see" things differently. When we "see" things differently, we are able to "show up" in direct reflection.

When we open to the possibility that we are all a part of the One, we notice we are all on our own Hero's journey. We each deserve the opportunity to show up as the true Hero that we really are. It is *courageous* to become *conscious* and to increase our *compassion*

for everyone around us, knowing they are Heroes just like us! It begs the question “are you willing”?? Am I willing? Yes, I am!