



Passion in Life

Last month I encouraged you to just be you. To remember that you are already enough, you are already perfect and all you need to do is continue to believe in yourself. Of course once I'd said this I was then tested on my own resolve on this. Tested to see if I was happy to be authentically myself in spite of other people's opinions.

This reminded me of the Bee Movie where Barry the Bee wants more out of life than to work at Honex making honey in the hive. He wants to explore the world outside the hive – he wants to be a Pollen Jock. Barry gets a lot of resistance to doing this from everyone in his life: his parents, his friends, the establishment and the other Pollen Jocks. "You were born to stay in the hive" they all shouted at him. It has to be said he is a lot lot smaller than the other Pollen Jocks. Despite this he ignored other criticisms, ventured beyond the hive, made new friends and in true Hollywood fashion saved the day and ended up being invited to be a Pollen Jock.

I am happy to report the outcome of my test regarding my reaction to criticism has been very different to what it would have been in the past. In fact the release of the need for other's approval assisted I believe in me be able to send the manuscript off to the publishers!! The book has a whole chapter on acceptance and here's an extract:

"A man came to my house the other week for coffee and after an hour of conversation he decided he needed to go. He'd just returned from the bathroom in which I have many inspirational quotes and books. As he washed his hands he was faced with a large sign saying 'I love and accept myself exactly as I am'. I feel certain that the conversation before then and what he experienced in the bathroom meant he'd decided he couldn't accept me for who I was. Acceptance is not about me making him accept me – but accepting that I just wasn't his type of girl! Acceptance is about me allowing him to drift away knowing that someone else will appear who accepts me exactly as I am."

I just wonder how many of my 100 watts were being used up on my need for approval. By being authentic and releasing this need it's amazing how much lighter and easier life has become so perhaps 30 or so? With the procrastination on the book adding another 20! So 100% increase in available energy in just one week! It's no wonder I'm full of beans.



Passion in Business

Very rarely in business do we work alone. We work with a number of people whether that's colleagues who work along side us, our managers, internal stakeholders, suppliers, other external stakeholders and sometimes customers. Our ability to achieve our goals is therefore impacted by the quality of our relationships with many of these individuals.

In preparation for a meeting on supplier relationship management I came across the following quote about buyers "they are so focussed in their own interests that a key relationship suffers".

For me this quote could be about any of us at work. How easy is it when we're stressed to not think about others around us and just push ahead in order to get our job done.



A barbed comment here, an angry word there, impatience, irritability? It's easy to forget that our relationship with others upon whom we rely might be impacted by this behaviour – sometimes disastrously. Stories of broken marriages, stress related illnesses, resistance and conflict are not uncommon.

It's very easy to point the finger and say it's someone else's fault. I just wonder if we always understand the impact our behaviour is having on others. Respect is about recognising the needs and concerns of others around us and understanding how all needs can be met not just our own.

Frameworks for Change

Yipeeeee here it is at long last – the new Frameworks for Change coaching process. You'll notice there are some changes from the Transformation Game covered in previous newsletters. These are purely to allow for its applicability for business use. It's certainly just as effective. In addition to coaching sessions this process can be used in group settings to facilitate project initiation, team building, team development and problem resolution

Before reading on do think of an area in your life (work or otherwise) where you would like to experience change. Whilst exploring the following cards notice how your perception of the situation changes and the insights you obtain? Even more importantly notice the actions you may need to take in order for resolution and change to take place. Not forgetting to take those actions of course.

The process, the insight, setback and angel cards used here are from the Frameworks for Change © Innerlinks - www.innerlinks.com. ANGEL ® cards © Drake and Tyler

Primary Insight

"You use your critical perceptions to draw forth perfection, not tear it down"

The primary insight identifies the direction to take in this situation. So how would this help you in the current situation? Is this something you find easy to do? What would the impact be if you were to do more of it?

I often get told I'm too analytical and when I get this card I am certainly reminded to use any analysis positively rather than negatively. I am reminded to look for the silver lining and not concentrate on the grey clouds.

Setback

"You are set back by selfishness in the present situation"

The setback identifies the dynamic that is operating in your life which is distracting you or tying up your energy. It is likely that this setback is limiting you in some way in relation to the situation you wish to change. How does this setback affect you? How would the current situation be different if you were not hindered by this setback?

In what way are you ignoring the needs of others around you by focusing on your own needs? Notice the impact doing this is having on the situation both for you and others in the situation.

Resource Insight

"Your sense of joy and fun brought a breath of fresh air into a stuffy and all too serious conversation"

The resource insight identifies a behaviour you can take when faced with the circumstances that set you back.

Perhaps when things get too serious you do find you have more time to think about what you want and your needs. Perhaps remembering to bring more joy and fun into meetings may enable everyone present to stay connected to the needs of everyone involved. This also ties in with bringing forth perfection rather than tearing it down.

Mentor

Courage

A mentor is about identifying and connecting with a core competence to assist you in the situation. It's about remembering a time in the past when you've demonstrated this quality in order to bring that feeling into the current time.

How will courage help you in this situation? Perhaps it's in order to remain positive, perhaps it's in order to be joyous and fun loving. Or perhaps it's about speaking up then others are being selfish. In this situation you are being asked to demonstrate courage in order to take the most appropriate action and not necessarily the easiest.



Partaking Events

There are no workshops in the diary at the moment. Coaching (1 hour +) is available either in person or over the phone. So too Transformation Games (2.5 hours +).

Feedback

Feedback as ever gratefully received.

Alison Smith - developing passion in life, developing passion in business

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