



Excellence in the WORKPLACE

This is an imperative question for all of us as we go into mid-year in 2016: ‘Who and WHAT controls us?’ This is the time for you to take a deep breath, and embrace your inner power. Annie Coetzee advises.



As the season of Autumn draws our attention to our surrounds shedding leaves, so must we follow the example and shed what is holding us back.

It's time to examine our personal beliefs about who we are and what we are achieving in the working world. Never before has it been so vital to move forward, feeling confident, courageous, creative and consistently inspired.

WHAT'S HOLDING YOU BACK?

Why don't we hear and see more about magnificent breakthroughs in the field of work and live abundant, successful lives, even during economic downturns?

Are we ruled by all the bad news about the Rand, Retrenchments, Re-Structuring and Negative Predictions about the Future?

We see what is going on all around us (and believe me, I see them too!) but

do we see what is going on inside us and are we aware of our precise locus of control, of working, living and being? Locus of control refers to a 'site, place or location' from where we see ourselves functioning.

WHO AND WHAT CONTROLS US?

An internal locus of control refers to us being in control of our own responses to life, taking responsibility for how we react and direct what is happening around us, with creative curiosity and a positive outlook – being aware of the fact that there is something within us that is stronger than what is happening around us.

An external locus of control means we have given others the responsibility to think, feel and act for us. It means we are dependent on how others see the world, and we even allow them, as well as the circumstances to dictate to us, and how we should respond! And as you all know,

times are tough and most reports about the working world's future are not that encouraging...! Should we allow ourselves to be controlled by this?

As I made my way in the corporate world, facilitating Change Management, I discovered that the biggest obstacle in the minds and hearts of leaders and managers (your bosses!) is what they think they already know!

But is this a misconception among bosses only? No. Many Staff Development Courses on a variety of subjects are being presented all over, and employees have to attend these – and many have the unfortunate perception that 'This is just another course!' So people become immune to any suggestion or call to attend a Course on Empowerment.

My most recent experience was with a group of Financial Planners who had to move premises and retrench half of their admin staff. So negativity 'boiled over' and I was challenged to present to them something different!

I chose to talk to them about Belief Systems. This was a huge challenge, but also a delightful experience for me, as I had to 'take their hands' and walk them through all the basics of what a belief system really is! Of course I added the necessary humour to break the ice and grab their attention, because as it is: Most people in the Corporate Arena think they have heard it all!

And so I went back to the early nineteen hundreds when Authors such as Dr Joseph Murphy, Ben Sweetland, Florance Scovel Shinn, Vernon Howard, Dale Carnegie, Norman Vincent Peale and Harold Fink wrote about the Conscious and Sub-Conscious Mind. It was enlightening, to say the least!

I noticed 'light bulbs' going on as I spoke about what they believe on a sub-conscious level, affects their very existence, from work and play, to health and happiness.

Here is what my research shows about the effect on 'what we believe' and how it creates in our life.

YOUR CONSCIOUS AND THE SUB-CONSCIOUS MIND

Your mind has two levels - the conscious (or rational) and the sub-conscious (or irrational). You think with your conscious mind and whatever you habitually think, sinks down into your sub-conscious mind..

Your sub-conscious mind is the seat of your emotions and is also your creative mind. If you think good, positive and healthy thoughts, these will follow. Likewise if you have negative and destructive thoughts. The law of the sub-conscious mind works for bad and for good alike.

Your sub-conscious mind accepts what is impressed upon it and what you consciously believe. It does not reason things out like your conscious mind, and it does not argue with you. Think about your sub-conscious mind as soil which accepts any kind of seed, good or bad

Your conscious mind is the reasoning mind. It is that part of your mind from where you make choices;.Eg: You choose the books you read, the movies you want to see, the one you would like to marry.

Once we take this understanding and apply it in our working world, it is amazing how we can start deciding to change our thoughts about what is happening around us! We learn to stop destructive thoughts about all the changes in the arena of work, that we do not like, as these thoughts continue to work negatively in our sub-conscious mind, and in due time are likely to play themselves out negatively for us.

To have faith in the future, to have faith in ourselves as makers of our destiny, to believe refers to a process in our mind where we repeat certain thoughts as the truth, and then we determine how to act upon that which we believe. It can also be interpreted as an intellectual and emotional acceptance of ideas and thoughts that we have embraced and valued.

Obviously, you ask – But how can I believe if there is no substance or evidence to back my belief?

That is precisely what I am suggesting! Just believe with all your heart and soul. Create your belief system in order to create your future reality.

The times we live in, leave you no option but to do just that.

Fill your mind with hope, and faith and positive goals. You don't have to understand HOW it will come to pass. Sometimes it's just better to let go of the 'how', and simply have precise affirmations, colourful dreams, and a strong vision!

Excellence in the workplace is possible - It just takes employees, managers and leaders to grasp and embrace a personal, new belief system that says:

'I can create my own reality ...I can be a co-creator in our Company and not go with the flow of negativity, but believe trustingly, that when I work with goals, positive affirmations and visualisation, our dreams for the Company can come to pass – against all the odds!'

And so...

I call upon you to pay attention to what you put into your sub-conscious mind.

You can change your current reality by changing your thoughts and always remember that the dominant area of your life and work, is what you have and keep in your sub-conscious mind. You and you alone can manage what you put into your sub-conscious mind. Lastly, keep the company of positive people.

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