

SPIRITUALITY



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WORK RULES!

Golden tips for effective management at the office

Spirituality at the work place essentially means working in the right spirit. For many, the workplace is like a war zone where one is fighting many internal and external battles. Colleagues are divided into friends and enemies, changing parties almost randomly. It seems that war strategies are scheming in every mind, from the clerk to the boss, with an aim to pin you down.

However, sometimes the war is totally internal, with you trying to push yourself to perform. In such an atmosphere, what should a tired untrained warrior do to be peaceful yet make a fulfilling and meaningful contribution at work?

Imagine your workplace as an external projection of what is virtually being stimulated in the screen of your mind. By reprogramming the visuals in the gaming environment, you will find your workplace changing from a stimulated war field of conflict and hatred to a creative art gallery where each one is exhibiting his/her talent for the benefit of others and the organisation.

Here are some reprogramming tips that may help you achieve that objective by changing the way you perceive multiple internal and external battles (challenges) where you work.

External Battles:

Competition – Competition when directed towards the self is like a shaving blade that neatly removes the stubbles of laziness and brings forth your best appearance and performance. But when competition is directed towards others it is like offering them a cactus plant. It first hurts you and then hurts them.

Comparison – Comparison is a systematic way of insulting your uniqueness and gifting yourself with misery. The mother of innovation is uniqueness in thinking. When a shark is happy with its teeth and an elephant is happy with its trunk, why do we humans remain unhappy with our gifts and hanker for others' talents? Being grateful for our individuality can reduce the self-destructive habit of comparison.

Peer pressure – Succumbing to peer pressure is like being wet clay. Our perception of who we are is dependent on who peers into our life and moulds it with the pressure of their opinions. It requires the pressure of a dynamite to remould a mountain over a heap of clay. When there is a mountainous clarity of what ideals we stand for, the pressure of a few hands cannot remould us.

Relationships – Success at work depends on success in relationships.

Success in relationships depends on successful attitudes. Successful attitudes depend on our expectations. Failures in relationships happen due to failures in others meeting our expectations. When we expect others to direct their energy towards meeting our expectations, these self-centric relationships fail the test of time.

Appreciation – Spending quality time daily in genuinely appreciating the contribution and qualities of people who matter to you is a fool-proof way of ensuring a happy working environment. Empty flattery strokes the mind and ego while genuine appreciation touches the heart. Flattery engages only the tongue, while appreciation employs the eyes to observe, the ears to listen, the intelligence to analyse, and the words come from the heart. The fruit of flattery when eaten merely intoxicates and weakens mind and soul. The fruit of appreciation when eaten nourishes, strengthens and encourages.

Internal battles:

Procrastination – Procrastination is the funeral in which you burn your chance of success. It is nothing but electrocuting opportunities to grow. The knowledge of consequence is its enemy. Embrace this friend tightly.

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Motivation – When what we want to do is what we have to do, then motivation is a self-generated enzyme. But when what we have to do is what others want us to do, then motivation is an injected steroid. Discover your likes and motivation will discover you.

Concentration – A mind that is focused on many things is focused on nothing. The success of a lion on a chase is not so much its speed but its focus on one deer at a time. Concentration is the by-product of active patience with a problem.

Stability – Equanimity in the midst of success and failure is the father of stability. Pride in success is an orphan and depression in failure is a beggar. Understanding that your talent is just one ingredient in the meal of success, keeps one humble. And understanding that the pain of failure is merely discomfort that a diamond undergoes when polished keeps one hopeful. ■



Do's & Don'ts

It's easy to make your work zone a no war zone by implementing these tips:

Compete with yourself not others. This improves performance and causes no heart burn either. Further, comparing yourself with others undermines your uniqueness. Gratitude for our individuality can reduce this self-destructive habit. Peer pressure can be eased by having clarity in beliefs. Nurture relationships. Success in relationships is inversely proportional to expectations. Self-centric relationships fail the test of time. Appreciating the contribution of significant others goes a long way in creating a loving work environment. Unlike flattery, appreciation requires skills and comes from the heart.

Our internal battles are against procrastination that burns our chances of success; motivation that comes when aligned with desires; concentrating on one problem at a time and maintaining stability in success as well as failure with humility and hope.

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