

Get Out of the Pressure Cooker

Keeping pace with you requires people to be on their toes. The job is never done and the pressure is always on. **Do more.** Try harder. **Keep up.** Do better.

The pace of your day demands all you've got. And you demand your team to give all they've got. You keep doing what you've always done. And the message is clear - there is no rest for the weary. Just keep the caffeine coming and you can let loose at happy hour. More trying is most definitely required.

Do you recognize these lies or have ever found yourself saying...

- "It's not personal it's just business"
- **(It's personal when dealing with a person)**
- "Let's just keep it professional"
- **(Nobody says this when they have a good relationship)**
- "If I just try harder...or take a different approach"
- **(All the trying heats the pressure cooker)**
- "I don't have time for all the soft skills stuff"
- **(It's only called soft from scared people defaulting in fear)**
- "Some people just need brutal honesty"
- **(Why is there a need for brutality at all?)**
- "This isn't exactly the life I envisioned...but what can you do?"
- (How about you do exactly what you *actually* want?)

What if you could be productive and successful *and STOP ALL THE TRYING?!*

For the millisecond you allowed yourself to take in that thought you may have gone from, "wouldn't that be something" to "this is ridiculous and impossible!" But what if all the trying and the break neck pace actually fuels more of what you **don't want?**

What if the pressure cooker is actually inside you?

You may think it's the job, the people, the board, the family, the whatever...

The question is - where are *you* in all of it?

Your inner state drives your outer state? What drew you to this business in the first place? The role you fulfill? The answers reveal what's been driving you. For good or bad.

It's so **common** for organizations to have a **hard time** figuring out what's really going on with its people.

- How do you support without coddling or encourage initiative without being dumbfounded by the direction taken?
- What's the root or theme in play between departments sabotaging each other?
- What are the trivial issues that distract you from where you want to go?

What if you were able to focus on **BEING** more than **TRYING**? Being isn't about laziness or slacking or anything other than simply *knowing the human being*. It's about desired **sustainable momentum through connection**.

Being involves many things depending on *WHO* you're talking about.

There is much effort involved; it's just effort that is aligned with your identity and mission at hand. It flows from who you are. When's the last time you felt fully yourself at work?

You are so used to trying so hard in all the ways. In all the things. In all the places. You may have forgotten what it means to be a *human being*.

It's often so much more simple than we make it. You allow the mundane to be your momentum. So days bleed into days and you forget there was ever a choice.

We're here to remind you...

You have a choice.

That choice to ditch the *incessant trying*.

Get out of the pressure cooker.

Once you're out, you begin to see the connections of the problems, your reactions and sheer busyness as drains to your mission. Drains to your being. You can then find connections to what fuels you.

Go use that fuel to accomplish your mission.