

How Has Work Shaped You?

Early in the podcast conversation, the group explored their perceptions of work. It was clear that the environment in which people worked, shaped their assumptions and perceptions of work and influenced how they acted at work.

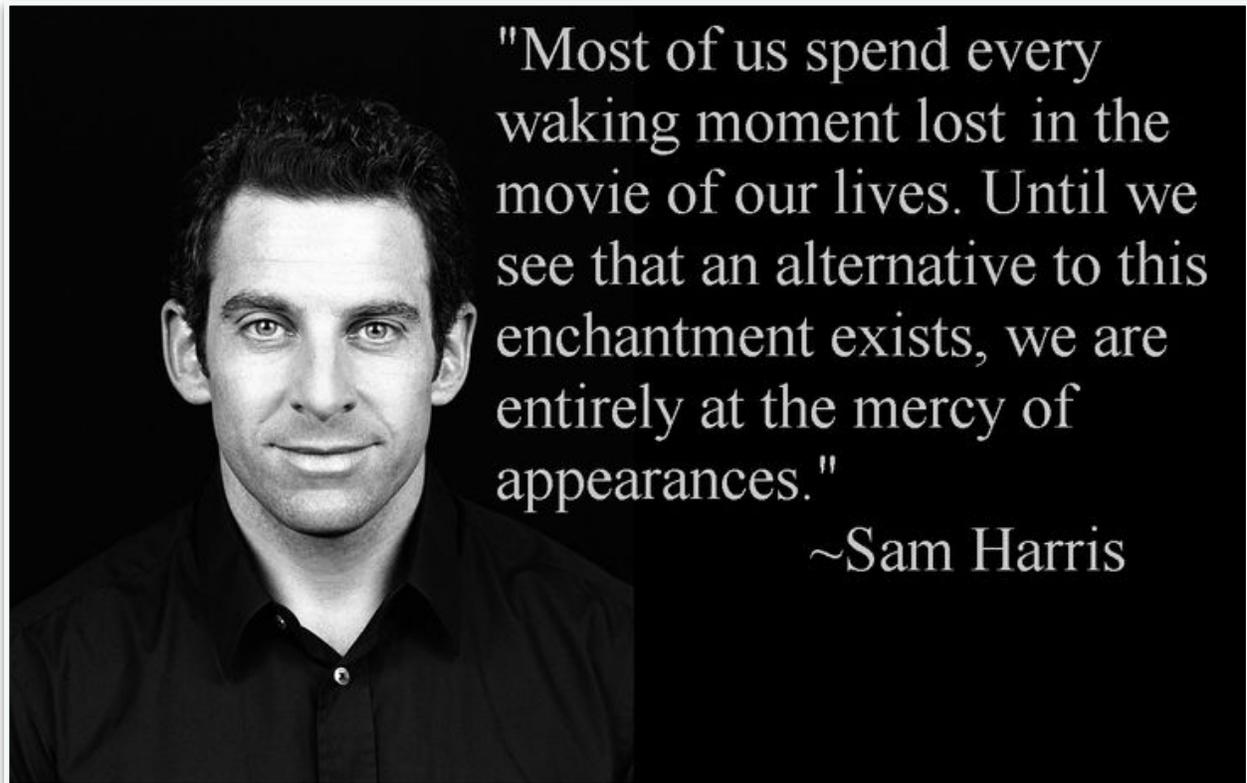
How do you think the environments you've worked in have shaped your perceptions about work and how have they influenced your own sense of well-being? How has work contributed to your meaning in life? How has it contributed to unhealthy stress? Consider both sides of that coin.

At one point in the conversation, Sarah described her desire to create a perfect environment for people. In trying to do that, it made the environment too dependent on her - causing her and others more challenges.

It's also true that we bring our own strengths and frailties to our work. Understanding those strengths and frailties can help us better engage our work.

Think of a frailty of yours that affects (or affected) your work. It could be a tendency toward perfection or busyness or apathy. Whatever that is, reflect on/ describe how it's affected your work. Then, as a group discuss what you could do to minimize those affect during work.
What changes in your actions and mind could reduce the sway of your tendency and the consequences that follow?.

The Drama's of Work



As with so much of life, we can find ourselves lost in the dramas of work. The stories, and conflicts, and even the work itself, can create narratives about our lives that are only as true as we allow them to be. We create stories about other people, label them, and box them in. And others do the same in return. Entire organizations live under the spell of stories that are passed down like oral tradition. And the drama continues.

Are there stories or appearances that shape your work, your organization, or your behavior at work that you need to drop? What are you believing about yourself, your team, your organization, and your work that is only real because you decide it is? This is also a question we can ask about any element of life. What are we believing and why?

Reflect and discuss as a group what stories it might be time to drop and how that might make your life and your work more meaningful.

Practices that Bring Calm at Work

- Click [Here](#) to explore a few breathing techniques you can use at work – during the day – to increase mindfulness and release stress.
- Click [Here](#) to view Dr. Stephen Panebianco’s “mini’s” that you can use during the day to increase mindfulness and peace.
- Are you a leader? Interested in something more significant for your organization. Here’s one example of the many organizations that support well-being at work. Check out Thrive Global by clicking [Here](#).

