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### **A Change of Perspective to Create a New World**

We can all *think* and *talk* about creating a better workplace and a better world, yet without our conscious commitment sustained by concrete action, our life at home and at work may not always go in the direction we would like it to go. Things rarely change by themselves... What small changes can you begin to implement today that could benefit your life and the world around you? If you usually resist change, pause and question your resistance. Where is it coming from? Are you only focusing on what you might lose or can you appreciate what you will gain through the change process?

Approximately two weeks after attending one of Eksento's workshops, a participant commented on the fact that he had not noticed *any difference* in his department even though everyone had attended the same workshop. This comment struck me on two levels:

- 1) We tend to believe that significant change occurs overnight but it takes months if not years for a situation to deteriorate into something we don't like or want. Why would we think that deep, lasting, positive change should occur in only days or weeks? A workshop may be a step in the right direction, but it only *one part* of the change process.
- 2) We don't always see that the cycle of change begins with each one of us. We wait for change to occur "out there" when in reality change begins "in here", within... Isn't it Gandhi who said that we must be the change we want to see in the world? Are you being that change?

### **HIGHER AWARENESS**

*"The barn has burned to the ground.  
Now I can see the moon."*

— Japanese Haiku Poet Masahide

This quote from Masahide's heart speaks of empowerment. The dramatic change being alluded to in these two lines could easily have been framed in a negative light, yet the poet's reflection is filled with promise and purpose. A radical transformation by fire could have focused on loss and negativity, but Masahide chose to remind us that until something has actually happened, we don't really know how it will turn out. In this case, where we expected devastation, we found joy.

The walls of the barn are an interesting metaphor for the "walls" present in our life that block our view of the "possible". These walls are within us and prevent us from seeing and welcoming parts of our life or our Self that have been overshadowed by inner walls. We can learn to stand in confidence when we face the unknown. Think of the many surprising and pleasant gifts that the winds of change have brought you...



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### **FOOD FOR THOUGHT**

Is there a change or decision you have been putting off in your life?  
If so, what do you gain by *not changing* or making that decision?  
What would you gain if you did?

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It took years for the Berlin Wall to finally come down in 1989 signaling the end of an era and the beginning of a New World. The following insightful message on change was anonymously inscribed on a stone:

*You can't change the world  
But you can change the facts  
And when you can't change the facts  
You can change points of view  
And when you change points of view  
You can change the world.*

*Jeannine Ouellette*  
Director, Content Development



***Resolutions for 2004!!***

During this time of reflection as we collectively welcome a new year full of promise and hope, stop and spend some quality time thinking about your purpose as a human being. Connect deeply with this purpose for that is the center of your Life Vision. The inner self is where true and lasting change begins. The time has come for each one of us to resolve to be part of the solution. Have you noticed that the word Solution is indeed part of the word Resolution...

Best wishes for a passionate year! We truly look forward to working with all of you in 2004.



*Jeannine*

*Guy*

***Being@Work Workshop Series***  
*Taking (dis)Stress Out of Change*  
*1-Day Workshop*

Learning Objectives:

- To understand the fundamental concepts of change and its effect on our life
- To describe the phases of transition toward change
- To understand how locus of control impacts our adaptability to change
- To identify personal strategies that can reduce resistance and help us cope with imposed change
- To link emotional intelligence competencies to the transition process

**...AND COMING SOON**

- New workshops on EI Essentials and EI Strategies in the Workplace
- Launch of a publication entitled *Vision Within*

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[www.eksento.com](http://www.eksento.com)

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*Talk to us about your training needs!*  
We are always in the process of designing new workshops for human beings at work.

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