

December 2008



## Postcards from Professional Paradise

Want to watch Vicki delivering this month's Postcard from Professional Paradise on YouTube? Just click [here](#), turn on your speakers, sit back and relax for the 3 minute video.

### Is Professional Paradise an Oxymoron in Today's Economy?



An oxymoron is a phrase that uses seemingly contradictory words. Do you think "*Professional Paradise*" fits that description with the state of the economy today? Is it really possible to find a state of "paradise" or "bliss" at work when everything seems chaotic and people are scared to death?

You know what I'm going to say. Now, more than ever, ***Professional Paradise***<sup>™</sup> is alive and well. Far more than a feel-good concept, Professional Paradise is a solid, business-altering paradigm that revolutionizes the way you feel and think about work, and therefore, how you perform.

It combines a systemic approach that addresses the underlying drivers of performance with a five-step technique for tackling everyday workplace challenges. Professional Paradise is about everyone - from senior leadership to individual contributors - developing personal accountability for engagement, execution, results and job satisfaction. Are you ready for the challenge?

Start small and grow your Professional Paradise practice each day. Normally, I would suggest that you focus on the Work Beliefs that are driving your Mindset, Actions and Outcomes. Instead, today, I'm going to suggest that you start with the end in mind and focus on the outcomes you desire. Flip the ***Paradise Paradigm***<sup>™</sup> on its head and start at the end.

Let's say the outcome you are looking for is peace of mind. Sit down now and make a list of actions you could take to give you peace of mind. A few suggestions might include:

- 1) Stay away from folks who are complaining and gossiping - surround yourself with positive people;
- 2) Avoid the Observer Obsession - step away from the economy "train wreck" on TV and take a walk to get your endorphins flowing;
- 3) Stop the wallowing - help someone else feel better by listening or laughing or lightening up.

Once you've made a list of possible Actions, now you can create the Mindset to back them up. Ultimately, the Work Beliefs that got you here in the first place will start to change.

To keep things manageable, start by simply defining the Outcomes you are looking for and making a list of Actions to support those Outcomes. Start with things that are within your control (like your state of mind) and move to external elements (like improving customer service).

As I am often known to say, "If you don't know the ending to your own story, why not make it a happy one!" Make sure that ***Professional Paradise*** is not an oxymoron in your life. Start writing the ending right now.

Signing off from Professional Paradise-

*Vicki*

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