

“Why is it happening to me?”

During a meal break in one of my recent training workshops, a participant came to me and said he has been giving 100% to his workplace, but his supervisor always finds a reason to scold him and his work is never appreciated. He asked me why this is happening to him. This made me remember a story where a young child died in an accident and the parents, overwhelmed by the grief, went to see the head monk at the temple and asked him why such a misfortune has happened to their lovely son. What did he do wrong?, the parents asked. The monk answered - “your child died because he was born!” Isn’t that a profoundly insightful answer? By knowing the reality of life should helps us to face our day to day challenges much easily. The same rule applies to our work.



The fundamental reason why you have to endure being scolded by your boss is because you have decided to work for him! So if you are not happy with your manager, the immediate and the most obvious solution is to resign and leave the company. But remember, just changing the company or the manager may not guarantee happiness. This is because, often times, it is not the manager who is at the center of the cause of the issue - but you! It could be your working patterns, your beliefs and habits, or your attitude towards life that is causing you the problems.

If your manager is not recognizing the good work you are doing - it is quite normal. This is simply because recognizing YOU is not what the manger is hired for! The manager is hired to simply get the job done. It is your responsibility to make sure that you are adding value with your presence and it is noticeable. That’s why, when faced with a challenge at work, it is important to ask “what can I do to overcome this challenge” rather than asking “why is it happening to me?”



By asking “**WHY** is it happening to me?”, “**WHY** is it always me?”, or any other **WHY** questions - you are picturing yourself as a victim. But instead, when you ask “**WHAT** can I do about this?” or any other **WHAT** question, you empower yourself instantly by giving your mind hope and a challenge to find an answer. Remember, **your mind is custom build to find answers for you when you ask the right questions!**

Let’s elaborate this concept with another example. Let’s take two sentences formed with more or less the same words - “I can’t win this” and “how can I win this?” One is a statement and the other is a question. By saying the words “I cannot win this” - you are instructing your brain to stop working on the challenge. By asking the question “How can I win this?” your brain is put to work. Your brain gets stronger by exercising it. The people who engage in mental exercising are not much different to those who go to the gym to exercise on regular basis, and those who deprive themselves of mental challenges are quite similar to those who spend most of their spare time sitting on a couch watching television. *Proper physical exercise* increases your health and **proper mental exercise** increases your chances for wealth. Laziness shrinks both health and wealth!

When you ask the question “what can I do about this situation at work?” - you get two options. One is to quit the job (we already talked about the consequences of this option earlier). The second option is to find a way to improve your value at work. Make yourself so imperative and special for your company; make them feel your presence - and they wouldn’t dare to let you go!

So how could you do this? Regardless of what type of work you do, and which company or industry you work for, there are tools and techniques that you can learn to make yourself stand out. There are so many new techniques, tools and methods available for personal development.

Why “Personal Development”?

It doesn’t matter how many different training programs, workshops you attend or how much information is made available to you through books and internet, unless YOU want to develop as a person! Without a personal commitment and an understanding about the underlying reasons - provision or reception of information is similar to pouring water into a pot with its mouth turned down!

You can easily understand my argument if you make few phone calls (or make few visits) to a sample of big companies in Sri Lanka to see how they respond to a simple inquiry from you. I did this exercise recently, and the results were startling! Very few customer service personnel had the skills and the required phone etiquette to act as the first port-of-call for these multi-billion rupee companies, and very few had even the patience for me to finish my sentence before transferring me to a destination they guessed – so I often end up being bounced back and forth between officers!

Does this mean the officers in these big companies do not know about the value of a customer? No! Of course they are well aware of it and I believe they have attended many customer-service training workshops. The simple reason why the preached information is not practiced everyday is because these individuals are yet to realize the direct connection between the messages in the numerous trainings they have received and their work practices! Also, they are not taking responsibility nor directly contributing to the overall company goals. They are staying in a 'comfort zone' where blame is minimal and work is mediocre!

Most people find it challenging to link information to requirements. And even more people find it impossible to use information for behavior change and modification! This is the paradigm shift that needs to take place in order for the numerous training opportunities you receive to actually bear results for you. Every book you read, every training you attend, every lecture you listen to is an opportunity for you to develop as an employee and an individual! If you would like your circumstances to improve – you need to improve yourself!!

To expect different results while doing exactly the same – is the definition of delusion!

Go on, take the challenge of reinventing yourself - better, sharper and stronger!

Nuwan Samarapathi
Personal Development Trainer
NLP – Master Practitioner & Coach (USA)
B.com- Marketing (AUS)
www.promindsweb.com
0773 66 00 94

