



Sparks of Inspiration

Hi Reader

Should I stay, or should I go? The classic song from The Clash has been running through my head lately as we come to terms with the mixed messages around the phased re-opening of the economy. Many leaders and employees are polarized right now around the decision to get people back into the workplace or to stay safe at home. According to a recent New York Times article (you can find it [here](#)), Google, Facebook, Amazon, Capital One, and others are extending work-from-home policies to September, and some are even extending them far beyond into 2021.

There is still a lot of uncertainty, but some uncertainty is good for us. I am sure you have heard the saying that the journey is better than the destination, well, that is because uncertainty and anticipation build-up to an outcome. This is based on neuroscience, specifically motivation theory. In motivation theory, dopamine performs its tasks before we obtain rewards, meaning that its real job is to encourage us to act, either to achieve something good or to avoid something bad. Most people think dopamine is a neurotransmitter for pleasure, but when researchers took a closer look, they found something strange. They saw spikes in dopamine occurred in moments of high stress.

So, embracing uncertainty is as critical now as it always has been. We need to be willing to be comfortable with discomfort in order to grow and prepare for the future.

Stay safe and healthy!

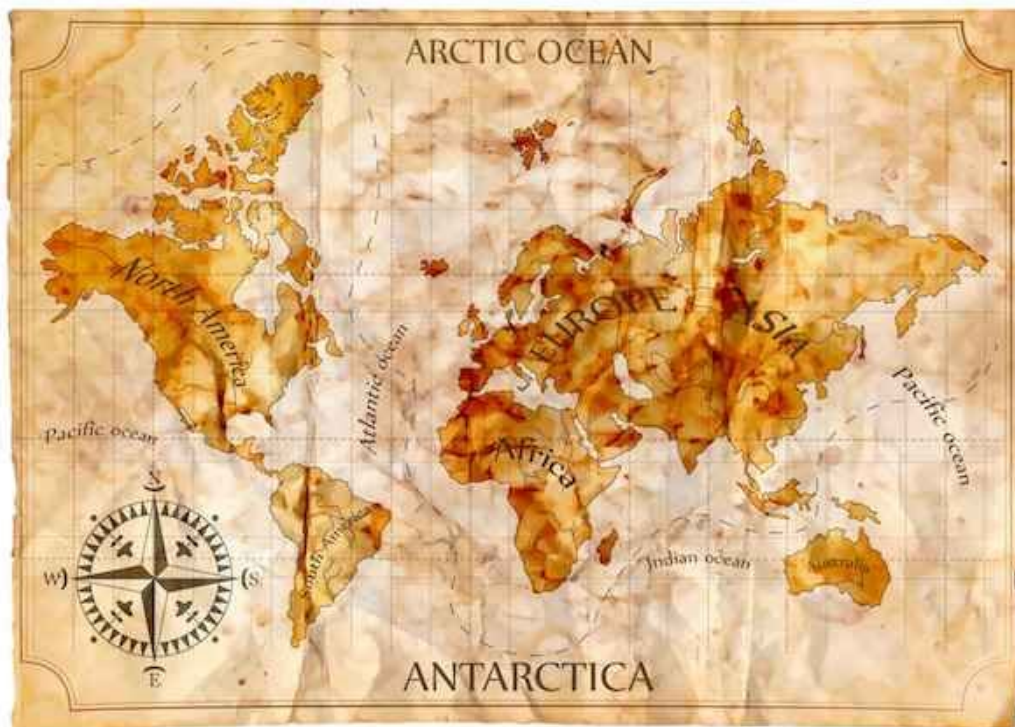
Travel is Fuel for the Soul

My soul is aching for an adventure! As the days wane on and uncertainty continues to weigh heavily, I am anxious to plan my next escape. For me, traveling is much more than taking a flight to a beautiful beach to relax (however, I do enjoy that, too). I travel to get into new situations that stretch me, to transform the way I think, and how I see the world.

With my wanderlust in high gear and no current way to satisfy it, I have been reflecting on past adventures and how those experiences have shaped me and my view of the world. Here's my approach to travel:

- **Embrace novelty:** Try to know the place you are in, observe the customs, interact with the locals, try new foods.
- **Be Curious:** Learn the why behind what you observe, explore the history, ask questions, try to understand the answers in relation to what you are experiencing now, setting aside any previous assumptions.
- **Check-in with yourself:** Notice how the journey is affecting you, what memories surface? What new insights do you have? Are your opinions and beliefs challenged?
- **Don't plan out every detail:** Leave some things to chance and be open to see what happens. This can enhance your travel experience. Shane Parrish (Farnum Street) talks about the mental model "The Map is Not the Territory" to relate that the map of reality is not reality. Even the best maps are imperfect.
- **Keep a travel journal:** It doesn't have to be complicated. Travel is full of idle moments like waiting for a ride or resting weary travel feet at the end of the day. Pause, reflect and capture without worrying about it being perfect.

Travel can jolt you awake, and show you the world in a different light if you embrace a growth mindset. How can you apply these principles to your life even when you are not traveling?



Book Recommendation

Rebel Talent: Why It Pays to Break the Rules at Work and in Life – Francesca Gino

Comfort is overrated! Francesca Gino is one of my true kindred spirits when it comes to stepping out of our comfort zone and being a rebel! In *Rebel Talent*, she writes that rebellion stimulates creativity, nurtures professional relationships, and enhances your engagement with your work, but going against the grain isn't always easy. You have to be open to working with diverse and different perspectives, be willing to expose your flaws and vulnerabilities, and prepare for the backlash that often awaits those who step out of line. Such discomforts are a small price to pay for the creative energy and passion for your work that rule-breaking unleashes.

There are so many great insights in this book, but I want to share a few key nuggets:

- Rebels question assumptions and break the rules in constructive ways.
- They are curious and ask lots of "what-if" and why questions.
- Rebellious people try to see challenges from new perspectives.
- Rebels seek out diverse viewpoints as a way of expanding their perspective.

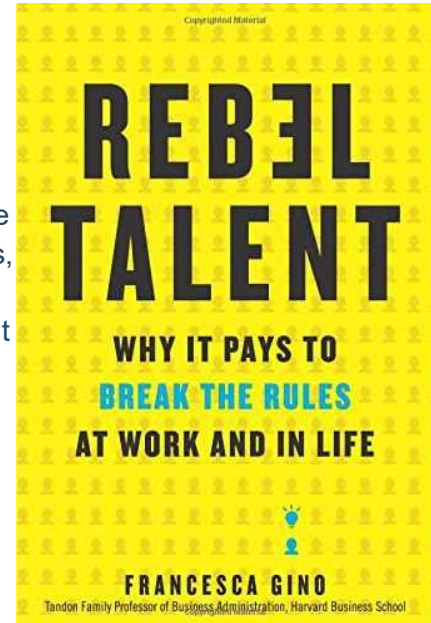
Francesca Gino has been studying rebels in life and the workplace for more than 15 years. She has discovered that rebels, those who practice positive deviance at work, are harder to manage. Still, they are good for the bottom line: their passion, drive, curiosity, and creativity raise the entire organization to a new level. And she has found that at home, rebels are more engaged partners, parents, and friends.

Check out the Book Here

Quotes and Questions

Every month, I like to leave you with a quote I'm pondering and questions that will keep you thinking:

"People who are truly strong lift others up. People who are truly powerful bring others together" – Michelle Obama



Questions to Journal About:

- Who would you most want to have a deeper conversation with?
 - What would you ask them? What would you tell them about you?
 - What quality do you admire about them? What quality of theirs would you like to embody?
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Ways to Work with Me

You want to make a more meaningful impact. You want to feel more fulfilled, personally, and professionally.

In our work together and following the Inspired Purpose proprietary process, leaders like you can connect with your true purpose and make a positive impact on yourself and the world around you. I see you, I connect with you, and through honest conversations, I can help you increase your impact and find more fulfillment. Here are the different programs to fit your needs:

Transformational Life and Leadership Coaching (1:1)

- You know there is more to life than what you are currently experiencing. You know you could be playing a bigger game! If you are longing for a life that's more inspired, courageous, and fulfilling, then [email me](#) so we can explore what is possible through a complimentary [Inspiration Session](#).

Group Coaching & Mentoring Program

- Are you looking for a magical combination of coaching and community? Join me and a group of like-minded leaders to experience transformation while forming strong connections with each other to have a game-changing impact in the world. [Email me](#) if this sparks your interest.

Team Coaching & Inspired Strategy Session

- You are a progressive leader who wants to do the deep work of defining and developing an inspired organization and the leadership culture required to make it happen. You are committed to developing courageous and inspired leaders, at all levels. If this is what you are looking for, then [email me](#) and let's schedule an Inspired Strategy Session to map out a vision for your inspired workplace.

Speaking at Events

- Need an inspiring speaker for your conference or corporate event?
- My signature talk is "The Inspired Workplace": The inspired workplace is characterized by inspired leaders who connect with people at all levels, a bold mission, optimized talent, and high performing teams who can navigate through challenges.

Email me, and let's talk about how the lessons of Inspired Leadership can transform your audience.



Navigating leaders through change. Inspiration through honest conversation.

I'd love to hear from you!

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