

TLP Five-Minute Read Over Coffee – What it means to be passionate about your work



➡ Being passionate about your work! I discuss this word often in my workshops with companies exploring the values that define them.

Recently I had a cheeky comment from one workshop participant asking how an English guy could be passionate about anything (referring to me!)

😊😊 This was said with a lot of good humour but it got me thinking. Maybe there are some associations and cliches with the word 'passionate'. It is red, loud, noisy, vibrant, big and bold - someone expressing themselves with lots of hand gestures or performing Olympian tasks!!

Being passionate can encompass all of this but for me it has different qualities and textures. If I was going to try and sketch it out this is how I would describe it!

- A deeper feeling of purpose in my soul or gut. Hard to fully describe in words.
- Something not manifesting itself in brilliant presentations dazzling many but instead in the everyday little actions often unseen.
- Something fluid in nature. I see the passion for my work as much in when I bounce back from a difficult period or overcome a long-term challenge rather than in maintaining some mythical high level of performance.
- Something reflective and questioning. My passion was the energy source for my company, but the same energy can lead to a type of tunnel vision. I love my work, but I am getting better at stepping back and looking at it with more objective eyes.
- Something light and funny. When I am in the zone in my training and coaching - I am not taking myself too seriously.
- Something no longer expressed in working crazy hours. When I wake up on a Saturday morning and see the little face of my son - the last thing on my mind is my company.

Power for the week!
