

P.A.U.S.E. for healthy resilience

P Purpose

A Attitude

U Understand

S Support

E Energy

I feel a sense of purpose in my day to day which gives me perspective and better enables me to live and lead with my values aligned to my actions most of the time.

Humanity has always craved Purpose

PHILOSOPHY ON PURPOSE

Doing & Living Well = Purposeful Happiness = F

ARISTOTLE 384–322 BC ON LIVING A GOOD LIFE

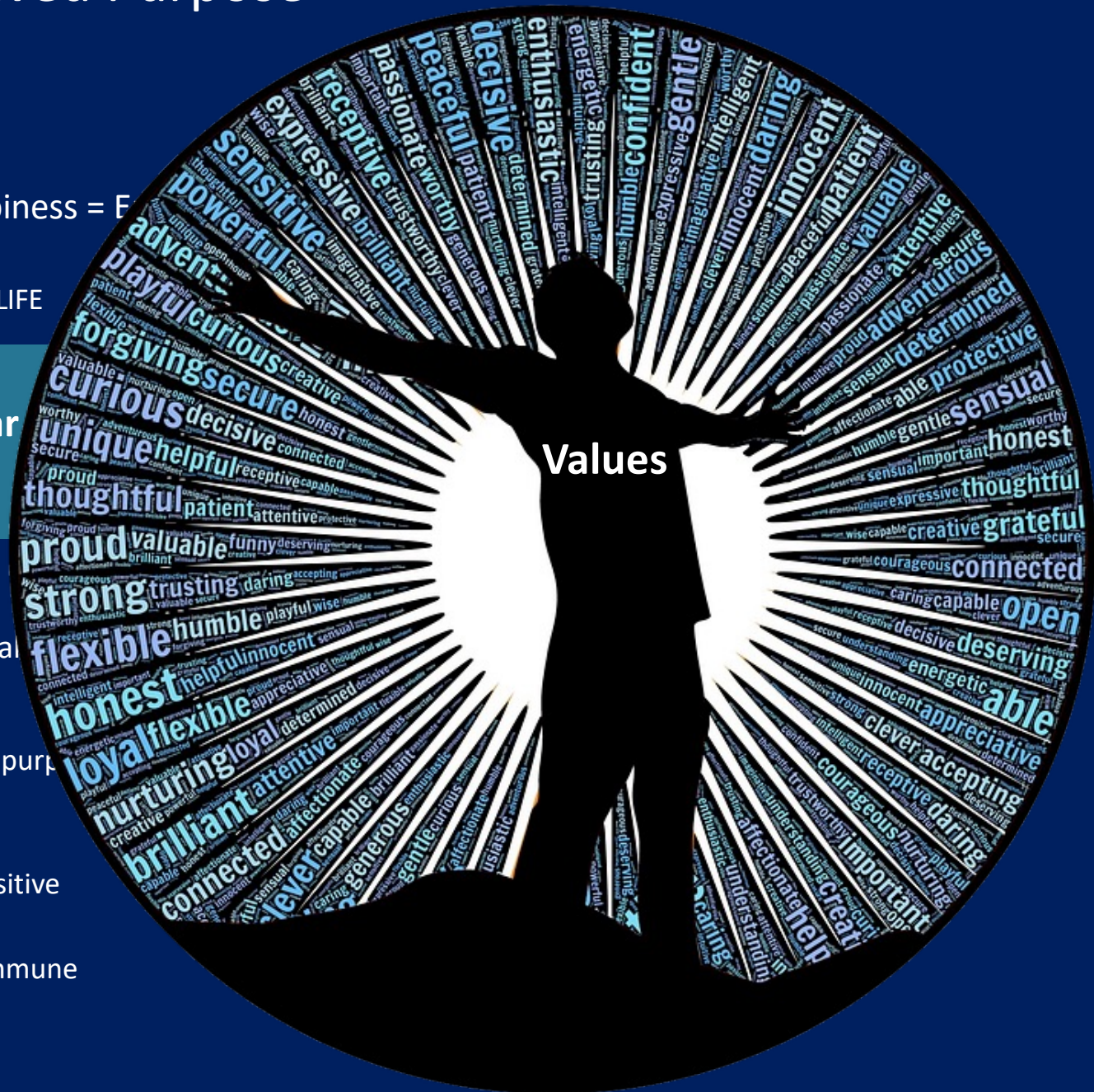
**"He who has a why to live can bear
Nietzsche, 1844 –1900**

SCIENCE ON PURPOSE

“Purpose in life is a known predictor of mortality across adulthood.”

Whether 20yrs or 70 yrs, connecting with your purpose
you will outlive peers who lack it

- Improves self care choices
- Buffer against stress, positive mindset positive chemicals
- Lower cortisol, improve brain function, immune system, reduce risk of disease



Humanity has always craved Purpose

Our sense of purpose will be most powerful when it is aligned with our values.

Our values are shaped over a lifetime. They are influenced in childhood by our attachments to others who protect and care for us; they are shaped by our emergence into adulthood and can evolve with maturity. What we value at 50 may evolve from what we value at 20.



Leading on the Change Curve

Based on Kubler Ross, 5 Stages of Grief, 1969

When we experience change, we go through a process to let go of something to embrace something new. This can be hard and does not follow a straight line. We can bounce around the change curve before we get to acceptance.



Leading Growth through Change with Purpose

3 Pots, Tonkin, 1996



Overwhelm



Get over it



Move on



Grow a bigger pot

What does having a sense of purpose mean?

Do I have to be changing the world? Is it being philanthropic? Or a Saint like Mother Theresa?

Having purpose is a feeling that your life has meaningful goals and direction, a "why" that guides your actions beyond daily tasks which provides fulfillment and motivation, and often contributes to something larger or other than yourself.

A purpose will align your values and passions with long term hopes and goals, whether career, family, spiritual, societal or communal.



Sir Christopher Wren, **17 Century** architect, walked unrecognized among the builder of St. Paul's cathedral in London. "What are you doing?" he inquired of 3 men.

"I am cutting a piece of stone."

"I am earning five shillings two pence a day."

"I am helping Sir Christopher Wren build a beautiful cathedral."



President John F. Kennedy visited NASA for the first time in **1961**. Touring the facility, he introduced himself to a janitor who was passing; he asked him what he did at NASA. "I'm helping put a man on the moon!" he replied.



When Candice Billups was interviewed in **2017** on her role by Daniel M Cable, for Alive at Work she explained:

"I am basically there for the patients....my relationship with the families is really important to me... I see myself as a positive force at the Cancer Center"

Candice is a cleaner at the Comprehensive Cancer Centre, in Michigan, USA

Exercise – how will you +1 your Purpose?

P Purpose

I have a sense of purpose in my life which gives me perspective, and hope day to day and for the future. This enables me to live and lead with my values aligned to my actions most of the time.



A Attitude

How I can +1

U Understand

Exercise: 15 mins

S Support

- What gives you a sense of purpose? What gets you out of bed? What are your values that sit behind it?
- How does this connect with having a sense of purpose at work. How does this support a feeling of fulfilment.
- How can you +1 your purpose at work?

E Energy

When you attend the Group Coaching Session, you will be asked to share your reflections. Please keep a copy of your