



## turning managers into leaders

### **Merge's Monthly Mega Minute – October 2002**

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*Merge Gupta-Sunderji helps turn managers into leaders. Through engaging keynotes and facilitated workshops, she gives people specific and practical tools to achieve leadership and communication success. Contact her at [www.mergespeaks.com](http://www.mergespeaks.com) or 403-605-4756*

### **A life's lesson from a lobster**

Several times in its life, a lobster casts off its shell. This is an instinctive process, occurring each time the lobster realizes that it has reached a point of crisis. Its predicament is this: the hard shell that has nurtured and protected it so far is now inhibiting its growth. In order to continue to grow and develop, it needs to discard its old shell and grow a new one, a process that takes about two days. Now two days may not seem like very long, but it is, if you're a lobster! That's two days during which the lobster is left naked and vulnerable in the dog-eat-dog (or should I say shark-eat-shark) world of the ocean. In two days, the lobster could become another ocean-creature's lunch. In two days, the relentless action of the waves could slam it against rocks and injure it. Yet the lobster knows that it has no alternative. In order to continue to mature and advance, it knows that it must step outside its existing boundaries and take that risk. To do otherwise would mean stagnation. So the lobster casts off its shell.

It's the same with humans. In order for you to continue to grow and develop your mind and your abilities, you need to step outside your comfort zone and take risks. You need to consciously choose to discard your shell and venture out into the great unknown. To do otherwise would mean stagnation!