



turning managers into leaders

Merge's Monthly Mega Minute – May 2004

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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 or 403-605-4756

Stop playing it safe!

Recently, I walked past the glass-enclosed health club at a hotel, and saw a child standing with his face pressed up against the glass. The ten-year old was watching the two lone occupants, one riding a stationary bike and the other running on the treadmill. I smiled at him as I walked past and commented, "Sure looks like fun, doesn't it." "Not really," he replied. "It's kinda boring." Undaunted, I continued, "But it's much safer in there. If you cycled or ran on the street, you could take a tumble and hurt yourself." Quick as a flash his response came back, "Yes, but at least I'd be going somewhere!" It occurred to me then that this ten-year old had figured out something that many grown-ups haven't: in order to go somewhere, you have to take risks and have confidence in yourself.

Have you ever found yourself on the treadmill or stationary bike of life, keeping up, but not really going anywhere? If so, it's time to make a conscious choice to stop playing it safe. If it's your professional life we're talking about, then it's time to get off the bike and deal firmly and confidently with that problem employee, or tackle that big project you've been putting off. If it's your personal life that's caught in the treadmill, then it's time to sign up for that evening class you've been thinking about, or deal honestly and openly with a relationship problem. Remember, it's certainly safer to stay inside, but if you build up the confidence to take a risk and step outside, you'll actually go places!