



turning managers into leaders

Merge's Monthly Mega Minute – September 2004

Welcome to **Merge's Monthly Mega-Minute** - a bite-sized, yet substantial and practical, nugget of information that you can use immediately to enhance your professional and personal success.

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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

When you look at an apple, what do you see?

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Many of you probably see a nutritious and delicious snack. But, depending on your perspective, an apple may represent something completely different. To a teacher, an apple embodies the high esteem held by his/her students; for Adam and Eve, the apple symbolized temptation. To Isaac Newton, the apple represented the presence of gravity; for William Tell, the apple epitomized the life of a loved one. The Big Apple is home to a New Yorker, and any apple is a home to a worm. And in many countries of the world, an apple (with a recognizable bite taken out of it) represents a very successful computer brand. In other words, what you see when you look at an apple depends entirely on your perspective. Which really, when you think about it, is true of most things in life.

This is a useful concept to consider when you are facing a situation of some difficulty. Whether it's an unexpected setback on a project, some disappointing news, or a personal challenge, what you will see will depend upon the perspective you choose. While a positive perspective is not always easy to find, once you find it, it can help resolve the difficulty, or at least make it much more palatable.