

Penticton Workplace Wellness Network Newsletter March 2009



GetActive!
Penticton

Creating a Spirit-filled Organization

Spirituality in the workplace has no religious component or preference; it is defined as a way for employees to express more humanity. Spirit-filled organizations recognize that each person has their own beliefs and their right to hold those beliefs sacred and private.

Forward thinking leaders create workplace environments that provide processes, programs and management practices that support authentic employee behaviours, create an environment of mutual trust and supportive forums for employees to express themselves.

Listed below are some definitions and examples of how spirituality can be fostered in the workplace.

Spirituality is Creativity

Creativity includes the use of color, laughter and freedom to enhance productivity. When people enjoy what they do, they work much harder. *Creativity* includes conscious efforts to see things differently, to break out of habits and outdated beliefs to find new ways of thinking, doing and being.

Spirituality is Communication

This is the vehicle that allows people to work together. In our society, our learning process is based on learning to communicate with teachers and parents (usually, by learning how *not* to get punished). Most of us have not learned how to communicate with our peers for the purpose of achieving something beneficial for all of us.

Spirituality is Respect

Respect of self and of others includes *respect* for the environment, other people's personal privacy, their physical space and belongings, different viewpoints, philosophies, religion, gender, lifestyle, ethnic origin, physical ability, beliefs and personality.

Spirituality is Vision

Vision means seeing beyond the obvious - seeing the unseen. It is a trait used to describe leaders and entrepreneurs. For some people, it is an inborn trait. Others learn to broaden their perspective, to question the obvious, to reach beyond where they are, to follow a dream. *Vision* sees the possibilities beyond and status quo.

Spirituality is Partnership

Partnership encompasses individual responsibility and trust that other people will perform according to their commitments for the good of the team and partners. *Partnership* accepts that different people have different viewpoints and beliefs; those differences are used as positive aspects for broadening the team experience.

Spirituality is Energy

Very positive *energy* forces are released when people feel creative, have the freedom to express their opinions, and feel respect from their management and their peers. The employee's contribution to the collective positive *energy* is by using personal creativity, communicating well, having respect for others, adapting to changing situations, working well with others and enjoying what you do.

Spirituality is Fun

People who enjoy their life work harder, make more money, have more confidence in themselves, have more friends and are far healthier than people who worry constantly, fight with others, feel frightened all the time, abuse their health and have low self-respect. Reducing stress requires a willingness to appreciate nature, to see what others are too busy to see - the peaceful way that nature changes and grows all around us. Lighten up!

Spirituality is Finding Your Self

Learning about who you are, how you can control your world by changing your attitude, and learning to *respect* and *accept* others helps unite us together, strengthening that universal *energy* that keeps us alive. A house divided cannot stand; a person divided cannot function fully. Whether in the workplace or in our personal lives, our attitude about the world defines how our life unfolds.

Adapted from goodlifefitness.com

What's Happening in Penticton!

Emotional Renewal

Dr. Beth Hedva Ph.D

Cleland Community Centre – 250.490.2426

Mar. 6 6:30PM-8:30PM

Dr. Hedva is a leading expert on overcoming personal, interpersonal, man made and natural disasters, loss and trauma.

Eat Local Challenge 2009

Challenge your workplace to eat locally this year and commit to a box of local fruits and veggies from Okanagan farmers, delivered at wholesale prices! See attached flyer or call 250.493.1177



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