

Speaking with Effortless Energy

Catherine Palin-Brinkworth CSP MAppSci

Is anyone else out there tired? Even occasionally overwhelmed?
There's just so much to do – so many opportunities – so many ways to be of service and value – so many things we SHOULD be doing (if you've been to the same speaker conferences I have) – and so little time...

So here's what I've learned. After lymphatic cancer, treatment and recovery, it's not about time anyway. It's about energy. Success now, in this world of constant demand, is not about time management any more but rather about **energy management**.

The more energy you have, the more inspirational and influential you are. The more impact. The more value. And the more reward.

And here's what else I've learned. It is not about how much more you do or get done, but about who you are and **how** you are as you go about doing it. In the end, that is all that matters.

Last week I lunched with one of the leading partners of an international law firm. 'I never hurry', she told me. She is a high achiever, used to meeting deadlines, and carrying significant pressure. But she has made it a life principle to remain relaxed, and unhurried. She says she gets more done that way. Interesting.

I'm thinking that people will feel safer with her, too. And more co-operative, as a leaf is in a steady stream, rather than a rock resisting a fast torrent.

I have learned the hard way, that the more I stress, the less productive I am. The more I blame, shame and defame myself, the more energy I use and the less energy I have for moving forward.

When I am focused and unhurried, responsible and accountable, keenly open to learning and appreciative of all experience, my energy shifts into positive light speed. The path lies in keeping it at that level.

Interesting, huh?

Negative energy is a black hole, drawing in drama, despair and disease. Positive energy creates charisma, demonstrating happiness, peace, fun, learning and gratitude.

Inspiring and influencing becomes easier, even if only through credibility. I'm NOT hurrying to finish this article. I am taking my time, and relishing every moment of it. I like it better that way, don't you?

Catherine Palin-Brinkworth is an extraordinary leadership speaker and change strategist. She can show you how to build your business, build your people, build your profits and build the life you want. Call her on 0419 221 916 or visit www.catherinepalinbrinkworth.com to sign up for her subscriber-only ezines - Enlighten and Power Points. While you're there, click Contact, and type 'free e-book' in the message section to receive 'Aligning Purpose Power and Possibilities' which tells you how to use what you've already got to reach your goals.