

## Communication Is Key

*I was recently promoted at my job, and my coworkers have turned on me. It's like suddenly I'm a different person to them. One of the ladies that used to be friendly won't even talk to me or respond to my emails. How am I supposed to lead these people? I've never been a manager before and so far, I hate it. Any advice?*

— *Bummed-out Boss*

You have moved into your new position by what is called “right of consciousness.” Even though this is unfamiliar territory, you can trust that the wisdom of this creative universe is guiding and supporting you. You already have all you need to be successful. It’s a matter of getting to know and embracing the leader that has always been within you.

Is there anyone within your company who might serve as a mentor? Asking for support to become the best manager you can be is a sign of strength and willingness to learn and change. As with any relationship, clear, conscious and considerate communication is key — both with your staff and with upper management.

The most beneficial thing you can do for yourself is commit to a daily meditation practice. Even 10 minutes each day will serve to keep your keel in the water no matter how rough or uncertain things get. You will be amazed.

It is difficult to suddenly feel separate, but the possibility exists for you to initiate a positive and healthy change in the culture of your work environment. Get clear about what is important in a workplace, such as respect, communication, teamwork, efficiency, etc. Then work with your mentor to plan and facilitate a meeting where team ground rules are mutually agreed on. Invite your coworkers to meet with you one-on-one to share their feelings, questions and desires.

There is a need for enlightened and awakened leaders to be the way-showers of healthy collaboration. This new role is an opportunity to up-level the work experience and therefore the lives of everyone involved. The ripple effect will be profound. You are the one for this. Congratulations! ❀



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