

Double-and Multi-Tasking? Stress? Missing Drive? Burnout?

## The About-Turn

### Heroines and heroes find back to their source of power

#### The Heroes Leave Their Homes...

"Once upon a time"...is not only the beginning of old fairytales. This story here tells about heroines and heroes of modern life. Widely interested, highly motivated and full of inspiration they start their climbing their career ladder. Our story is about people willing to take risks, feel responsible for others and willing to commit fully to the realisation of their own dreams and the dreams of others.

#### 1st Picture: The Heroes Pass The Challenging Stepping Stones On Their Way...

As our heroines and heroes are everybody's darling, respected by their chefs and loved by their colleagues. more responsibility is passed down on them and everybody's expectations are growing. They are the ones that keep their head cool in turmoil situations, they come up with creative ideas and know how to encourage others with their enthusiasm. Despite difficulties they keep going and follow the guidelines to reach the goal. Everything is easy going and the environment is full of admiration.

#### 2nd Picture: The Heroes Get Lost In The Forest...

The tasks get bigger and start to pile. Our heroines and heroes show their various talents and skills in many situations. Honoured by their chefs, loved or envied by their employees and colleagues, they pass most of the tasks with excellence. But the piles start to grow higher; the agenda is full with dates. The heroes do not complain about the responsibility they certainly love the challenge and everything seems to be going fine. Soon the team complains about a loss of information, to a client's disappointments the promising transformation of a great idea fails at the end. It happens from time to time - that due to the stressful situation decisive tasks cannot be planned with the needed attention. The pressure grows. Partners and the family start to complain, as it gets more and more difficult to spend the little common time in harmony. The heroes forget about birthdays – or worse - about wedding anniversaries and more. Everything has become so tight. Where is the way out of the dark leaveforrest of work papers, client orders, projects meetings, conferences and parents evenings at school?

#### 3rd Picture: The Heroes Start To Suffer...

The body is softly sending messages – but who wants to listen to his own body! The repeating headache is certainly just caused by the missing of fresh air. One of the tooth hurts when eating cold food, but where can heroes and heroines find a dentist with immediate open hours for hard workers? The sweat brake during the last meeting was certainly caused by this ungoing project xy that causes expenses without going anywhere. It's just normal that fear of failure comes up. The tense feeling in the chest has certainly to do with the missing sleeping hours. It is known that heroes can find the best solutions at night and early morning work hours are the most efficient as neither phone calls nor employees are disturbing.

#### 4<sup>th</sup> Picture: The Heroes See Dark Clouds

„When this project is over, we celebrate our togetherness with a candle light dinner“ is the partner told and hopefully pacified. But alas, when the said project has come to an end, the next duty lies ahead; the next unbalance in the machinery of daily business needs to be settled. And all of the sudden the unthinkable happens: In the midst of a work process these hard-white flashes screw the inner eye and dark clouds dance in the field of vision. Nausea creeps in and fear ties up the throat. Fortunately the painful eye- flash diminishes quickly; the colleagues did not even notice. But the heart beats anxiously and damp hands seek a halt. Our heroines and heroes plan to do more sports and promise to get more rest. It can't go on like that. Vacations are really needed

#### 5th Picture: The Heroes feel lonely...

Family life is not easy since the vacation was a failure (mess?). The personal partnership was badly shaken and exists more and more for the sake of the children only. For quite some time no colleague invited the hero to an after hour beer and what has become of the old time friends – he doe not know. Be it as it is. After a day full of challenges and stress our heroines and heroes feel so tired, to flat broke that all they want is to plant them selves in a sofa and do nothing. That's totally understandable – isn't it?

In the fairy tale the children get all excited and can't sit still, but the heroines and heroes are untouched by the atmosphere. They go further on their path, fight with even wilder animals and lose themselves in the deep forest.

6th Picture: **Excitement rises, the Drama increases**

In the mean time the missteps increase in the daily lives of our heroines and heroes. Overheated and unproductive meetings, faithless behaviour in the team and ice time in the personal partnership mirror the unsolved problems. All problems bank up, everybody and everything asks attention. The drama grows and fear of failure steadily increases.

When the hero in a drama approaches the crucial point the audience can expect a surprise. A wise old man shows up indicating a obvious solution, a small grey man opens a so far hidden door or a good witch offers a healing potion. Whether in ancient tales or modern stories the heroines and heroes get the option to come to a halt, to breath through and contemplate, to listen within and to the advice of others. In the fairy tale this moment is called the 'dooms place' or 'heaven's gift'.

The faster the heroines and heroes understand that the advice of the wise and the magic potion is a gift, the earlier the story can come to a about-turn. This is a crucial point. Now they have to open their eyes wide, to listen carefully and observe the little signs in daily life. They have to cope with gazes full of sorrow, respond the call of an old friend and clearly point out to themselves and their superiors that they need support and they need it now!

7th Picture: **The Heroes Answer The Chance**

The heroines and heroes have learned to no more lye to themselves and others. They grow in the new situation and see the chance they are offered. They observe with new eyes, listen carefully and act with diligence and profundity. They took the chance for a about-turn.

In the fairy-tale the heroines and heroes made their way home. The prince has become king. He rules his kingdom wisely and is connected to his inner source of power.

***Give 1 ounce of prevention  
and you can forget a pound of cure  
Benjamin Franklin***