

Voices in your head!

How to think your way to change and project success

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It's going just as badly as you thought it would. It's cold, wet and grey so you're feeling miserable. You're slumped over your desk, shoulders hunched, chin below your navel. The corners of your mouth are turned down so far you look like a negative smiley :-(. "It's not fair," you think, but the voice in your head says "I knew you'd never make it. Pretending to be a competent project manager when you don't have the background or training". "But I have been trained," you reply, struggling for control. "Yes," the voice counters, "but what a poor trainer he was. And the session was so boring, you didn't learn anything. All you have is a pointless certificate. You hoped you could use your accreditation to bluff your way through, to make people think that you actually know something about project management". You shrug defeatedly. "Yes," says the voice, "and this isn't the first time you've made a mess of things". By now your self esteem has gone on a two week holiday. You'll stand no chance of leading or influencing effectively and perhaps, just for now, you might not even try.

Delivering change is tough. Thank goodness. If it wasn't tough anyone could do it and your salary would be even lower than it is!

Because it's tough, as a Project Leader, you need all the emotional

strength and resource you can muster behind you. The problem is that often we can be our own worst enemy. We do this by not fully understanding how our minds and emotions work and instead of harnessing them we let them run riot.

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It doesn't help that the forecasters refer to rain and wind as 'bad weather' - it's not bad weather. It's just another, different type of weather. It's good weather for the plants, for clearing the air of pollution etc. True you could be suffering from S.A.D. syndrome or be low on vitamin D - but chances are you aren't. You're just taking the lazy route in managing your emotions. This route has been described as **out-sourcing management of your emotions to the weather.**

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