

" Who are you?"

A woman in a coma heard a voice asking her. For that woman it seemed as if she was dead. As if she was in heaven and far gone. She could barely hear it, but she answered: "I am the wife of the mayor." "I did not ask you, whose wife you were", she heard the voice talk again, "I've asked you, who you were?" "I am the mother of four children", was her reply now. "I did not ask whose mother you were!" The woman thought about this, uncertain and hesitating before saying: "I'm a teacher?" The voice replied: "My question was not about your profession. I simply asked you: Who are you?" The woman added quickly, she's a Christian. But the moment she said it, she knew that it wasn't a satisfactory answer. And indeed she heard the voice continuing: „I'm not interested in your religion. Tell me, who you are.“ Every answer did not seem to answer fully the question „Who are you?“ Days later the woman awakened from the coma. She got healthy again. Months later there was still the same question on her mind: "Who are you?" She decided to find out who she was. She wanted to know who she was.



Accept who you are

People who compare themselves to other people or tasks, like this woman in the story or like many people tend to do it, are afraid to accept themselves. They want to be someone else, building up a defensive wall with foreign attributes to protect the "self". We are captured in our social roles. We want to be respected, accepted and loved. The ones that do listen to their own perceptions and show this to others are vulnerable. They are in a very front line where there's no more religion, family nor status to protect the "self". Even though it might be easier to be the mayor's wife or to be a teacher, there remains that one question: Who are you?

The Human's Dilemma

The shortage of accepting yourself starts with a biological dilemma. Any being comes into existence by cell splitting. So something complete is being created by falling apart. This is a phenomenon that will accompany the human being all life. Someone can be a mother, a teacher, a wife or husband, or a Christian. He or she will always remain a human being, with all its strength, weakness, a character, with happiness, fears, qualities and deficits at the same time.

Love it

Who can accept the "self", grows upon his or her own capacities and can give up this protective wall. No need to hide away or to compare yourself to others. We shall gain independence. We are free. We have a choice. We decide! Do we want to love the "self" straight away and without restrictions? - LOVE IT. Do we wish to alterate it? - CHANGE IT. Do we want to go away? - LEAVE IT. The ones that accept their "Now", can develop.

A "self" strenghtening practice *Name It & Normalize It*

In San Francisco, a fellow colleague did a research on more than 20 different change formulas to find out whether they had any parallel aspects. All Change formulas, like the Kurt Lewin Change Management, Satir System, 7-S-Model, Skill-Will, 4 Chamber Model, Gregory Bateson, Kübler Ross or Teamperformance-Model, had one common element: **Name it & Normalize it.**

"Who am I?"

Name the Now and say it's okay. Describe yourself in ten phrases, without avoiding or using foreign attributes:

Who am I?

e. g.: *I am impatient. I am fast and I can do many things at once. I feel empathy....*

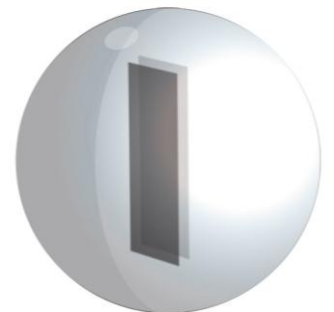
Now add to each phrase your chances of development:

What counts for me? Would I want to change something? Anything I would want to give up?

e. g.: *I would want more...*

**Every day I slip through my fingers
and escape from myself.**

Michael Montaigne



SCHEDULES

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sense ability move	28-30.06.2013, 27-29.06.2014
move seminar	11-13.10.2013, 11-13.04.2014
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