

Engage With Your Passion To Make A Difference In The World

I will share elements of my life as a metaphor to give life to my message.

For me **Passion** means grounding your excitement and enthusiasm with real commitment to do whatever it takes to follow through.

I will speak with you using six Cs notes as my bedrock they are:

Courage, capacity, choice, circumstance, concentration and confidence followed by three pillars co-operation, cumulative effort and conflict resolution.

In regard to my passion, it has been a burning desire and a prime focus of mine to create leadership opportunities for nurses, midwives, health visitors and other health service staff from black and minority ethnic communities into leadership positions. While the lion share of my activities are within health and social care I have nonetheless influenced the finance sector over a period of thirteen years.

Let me now take you on a journey with my first C note, **courage**.

I would like to exemplify courage by reflecting on Bruce Barton's words:

"Nothing splendid has ever been achieved except by those who dare to believe that something inside of them was superior to circumstances"

Quote experience: I find you

My second C note is **capacity**. For me capacity is ability, capability, competence, facility, aptitude and power and note that the greatest power is personal power. Status and resources can be taken away from you but no one, I repeat, no one can take your personal power away from you.

I would like to give encouragement by asking each person in the audience to extend his or her capacity in three ways:

1. Spend 3% of your salary on your development
2. Increase your knowledge capacity year on year in meaningful ways. Knowledge is doubling every 7 years. We are now in a knowledge management global economy.
3. Be competent in whatever you do. Compete with yourself to be among the best in whatever you do.

I meet oppression on almost a daily basis and yet I cannot be kept down. Although not practising I am a qualified nurse, midwife, health visitor, teacher, health promotion officer and psychologist, with a first degree in psychology and Masters degrees in health Promotion and Psychology.

Over the years I have build my capacity as an occupational psychologist and human resource professional. I am able to apply my capacity through meta analysis and networks to flow along the river of life.

I have got there through personal strategic planning of sacrificing short-term financial gains for long-term ability to command a better salary.

My third C Note is **Choice**. Choice represents for me options, alternatives and preferences.

I want to say to you that for many of us we do not choose because of fear. Fear of failure, fear of what others will say, and fear of standing out, fear of being different. Our creator gave us free will and in doing so we are both empowered and disempowered, the choice is ours.

"Most People live with their music still unplayed. They never dare to try."

Mary Kay Ash

Victor Frankel stood up and survived the holocaust and among his enduring legacy left to the human race are his words:

"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way."

Furthermore, let me share with you a thought which I have used to keep me steady in the face of trial and difficulties.

"There is no feeling quite like the one you get when you get to the truth: I am the captain of my own ship, I am setting the course, the speed and I am on the bridge, steering."

Neslyn Watson-Druée, MBE, FRCN

My fourth C is **Circumstance**. Incidence and situation will always get in the way. **The finest eloquence is that which gets things done**. Keep the vision and stand in your commitment and vow to never, never give up. The law of average is that if you stick to your goal and keep on batting you will hit home runs.

My fifth C note is **concentration**. By concentration I mean focusing totally on the business at hand and commanding your body to do exactly what you want it to do.

When every physical and mental resource is focused, one's power to solve a problem multiplies tremendously. So, I persuade you to gather your resources, rally your faculties, marshal your energies, and focus all your capacities upon mastery of at least one field of endeavour.

My sixth C is **Confidence**. Confidence is your ability to use your skills, competencies and knowledge to impact on what ever you are doing. The secret of becoming confident is preparation> By practising we come to the point of competence. We find ourselves accomplishing our goals gracefully and confidently. It is then that we do things that we never dreamed we could do. We discover powers we never knew existed. Confidence does not come from nowhere. It is the result of something ... hours, days, weeks and years of constant work and dedication.

"There can be no greater courage where there is no confidence or assurance, and half the battle is in the conviction that we can do what we undertake."

Orison Sweet Marden

Now I would like to draw to a close having shared my six C notes Courage, capacity, choice, circumstance, concentration and confidence to sit on trinity of three pillars co-operation, cumulative results and conflict resolution.

Firstly, **co-operation**. A word about co-operation. We gain what we want through the help and support of others. To be agreeable, to be liked, to co-operate – this contributes immeasurably to our success. When we co-ordinate our efforts with the efforts of others, we speed the way to our goals. Co-operation builds success.

"Personal relationships are the fertile soil from which all advancement, all success, all achievements in real life grows."

Ben Stein

Secondly **cumulative results**. Progress begins a step at a time. There is no sudden leap to greatness. Our success lies in doing day by day. The upward reach comes from working carefully and well. Good work done little by little becomes great work. The house of success is built brick by brick.

My success just evolved from working hard at the business in hand each day.

For me success is the sum of details.

Finally, resolve and manage conflict. A key to personal effectiveness is the ability to resolve conflicts both interpersonally and personal.

Talk to your internal critic. Train your self to recognize and write down critical thoughts as they go through your mind. Learn when and why these thoughts are untrue and practice talking and writing back to them.

I have taken you on a journey of my high Cs. If I could leave you with one it would be **Courage. Courage as the power** to face difficulties. It is the opposite to being discouraged. Courage as the reserve of mind more powerful than outside circumstances. Remember that when you are bigger than your adversities you gain the courage necessary to win.

Too many of us are reacting to change and circumstances rather than being proactive to create and transform our lives. Live your passion and your vision.

Happiness is the joy of achievement and the thrill of creative effort.