



KATE RAMSAY AND THE AND COACHES WELCOME YOU TO OUR STAYING IN TOUCH NEWSLETTER.

In this edition **Learning Moments** encourages us to live with hope. **Did You Know?** reminds us about the value of regularly stilling our busy minds, and, there is a plea from Anne Summers to right the gender inequality in Australia. In a new section headed **Professional Development** you're invited to consider doing a MOOC, and you can read about how new research supports the importance of looking to the future. We close with a quote by Carl Jung.

Learning Moments

Kate writes: Are you a glass half full or half empty person? Do you live in hope or dread? **Protest and Persist**, an article by Rebecca Solnit in the Weekly Review of The Guardian Weekly of 7 April makes a compelling case for remaining hopeful as we make change for the good. Solnit is a Guardian US opinion writer, an historian, an activist and an editor of Harper's Magazine.

In her essay she uses examples of how the efforts of activists in one era can positively influence those of the next, or even the one after. Solnit:

Actions often ripple far beyond their immediate objective, and remembering this is reason to live by principle and act in the hope that what you do matters, even when results are unlikely to be immediate or obvious.

Hope navigates a way forward between false certainties of optimism and of pessimism, and the complacency of passivity that goes with both. Optimism assumes that all will go well without our effort; pessimism assumes it's all irredeemable; both let us stay home and do nothing. Hope for me has meant a sense that the future is unpredictable, and that we don't actually know what will happen, but know we may be able to write it ourselves.

Solnit refers to a number of movements in the US in which people have collectively fought for change – such as the Aids Coalition to Unleash Power and the Occupy Wall Street movement. She then takes us back in time to show how activism can be contagious:

The British suffragists, who won limited access to the vote for women in 1918 and full access in 1928, played a part in inspiring Gandhi, who 20 years later, led the liberation of the Asian subcontinent from

British rule. He, in turn, inspired a black man called Martin Luther King in the US to adopt his techniques of nonviolent social change.

Solnit tells the reader that these techniques have since been adopted around the world, including in the struggle against apartheid at one end of the African continent and the Arab Spring at the other:

We are carried along by the heroines and heroes who came before and opened the doors of possibility and imagination. We can't see the future (but) we have the past. It gives us patterns, models, parallels principles and resources, and stories of heroism, brilliance, persistence, and the deep joy to be found in doing the work that matters. With those in our pockets, we can seize the possibilities and begin to make hopes into actualities.

Every time I vote I remember the bravery of those suffragists. And every time I feel afraid to take a risk, be that by speaking up about racism or sexism or embarking on a new venture, I'll now recall Solnit's wise words as I dare to do it, thus turning my hopes into actualities.

Did You Know?

(i) Stilling the busy mind

Effective leaders take regular time out to reflect, and they understand the difference between thinking and reflecting.

Thinking involves our minds constantly moving from impressions to desires for example; we see a glossy advertisement for a designer watch, we wish we could have it and we then contemplate purchasing it. As Deepak Chopra writes in **The Seven Spiritual Laws of Yoga** (Macmillan) 'As long as you are thinking, your mind is churning through the cycle of impression ... desire ... action ... impression ... desire ... action.... Sound familiar? Reflection on the other hand is about

stilling our busy minds and allowing innovative ideas to percolate.

There are many ways that we can still our busy minds, and there is no one right way. For some, sitting and meditating works, while others find saying affirmations as they run, cycle or swim as an active meditation works for them. And there are those who find that taking breaks to just sit or walk in nature stills their mind.

Whatever works for you, remember that regularly investing in some quiet time to be still and reflect is time well spent, because this gives the creative right side of your brain time and space to percolate fresh thoughts.

(ii) Gender equality ranking in Australia

Did you know that Australia's gender equality ranking has dropped in recent years? We were ranked 16th by the World Economic Forum's Global Gender Index in 2006. By 2016 Australia had dropped to 46th place.

Anne Summers, journalist, author and long-term feminist has made a call for change. She's written *The Women's Manifesto* in which she lists the four basic principles of women's equality as:

1. *Financial self-sufficiency*
2. *Reproductive freedom*
3. *Freedom from violence*
4. *The right of women to participate fully and equally in all areas of public life.*

Summers has had the courage to take leadership in reversing the alarming slide in the Gender Equity Index by setting four Equity Goals for Australia by 2022. These are:

1. *Legislated equal pay for women in all jobs*
2. *Decriminalisation of abortion in NSW and Queensland*
3. *Specialist domestic violence courts in every state of Australia.*
4. *Gender quotas dictating that women make up 50 per cent of all parliamentarians, all cabinets and other ministries and directors of all public companies and government boards.*

You can read more about Summers' Manifesto and how you might help to achieve these goals at:

http://annesummerspull.issimoholdingspt.netdna-cdn.com/wp-content/uploads/2017/05/TheWomensManifesto_pdfinal.pdf

Professional Development

(i) A MOOC from MIT

First, what's a MOOC? For those who've not yet met such a thing, it's a Massive Open Online Course. Universities around the world are now offering such courses.

One MOOC is a free course from MIT in Boston called U.Lab. U.Lab uses self-awareness based systems learning processes to help participants sense and actualise their future life and work. 80,000 people worldwide participated in U.Lab in 2016, and MIT is currently promoting their 2017 course that starts in September. A group of us in the Byron Shire have enrolled. You could too. Take a look at: <http://link.edx.org/view/58e453ece9a8a29b548b50065zgub.3es27/f2dd8aa3>.

(ii) The Power of a Vision

We at AnD put visioning at the core of our coaching approach, so we're delighted to learn that new research by Martin Seligman and others has found that contrary to traditional psychology, depression is caused less by past traumas and present stresses and more by what he calls 'skewed visions of what lies ahead'. Seligman argues in his book *Flourish – A Visionary New Understanding of Happiness and Well-being* (Simon & Schuster) that the key to happiness lies in an ability to contemplate an optimistic future for ourselves.

So if you're finding yourself unable to imagine an ideal future, contact us about our Vision Coaching process (attached) – you can do this either in your home city or as a Learning Retreat in the hills inland from Byron Bay. (www.andconsulting.org)

And To Close

Carl Jung once said that:

As children we have unconscious perfection. As adults we become conscious of our imperfection. Finally, with wisdom we achieve a conscious state of perfection.

Worth remembering the next time you find yourself disliking what you see in the mirror.