

# ENERGY *matters*

Care matters in life and business; that is the premise we started with in Issue 75.

Articles in subsequent issues have covered each of the components listed in our 'I CARE' acronym.

**I**ntention

**C**larity

**A**lignment

**R**esponsibility

**E**nergy

In this article we are covering the last of these: ENERGY.

## ENERGY with two meanings.

*The energy it takes to achieve whatever we set out to achieve... never giving up.*

If we care enough about the results, we find ways and means of doing whatever it takes to achieve the desired results. Sometimes it takes a lot more than others, to find the resolve within and complete the task. It's about finding solutions not excuses.

Excuses provide justifications as to 'why not' - they sound like dead ends. If we care enough we maintain our energy to keep looking for 'how'.

We all know people who are more prone to giving up easily, and others who show great perseverance to find a way, maybe with alternative solutions. The results they achieve personally for themselves, their team and their businesses are markedly different.

*The energy we emit; where we are coming from in our dealings and interactions.*

This is often referred to as 'attitude', but it is more than that; it is like a 'power source' that energises us as individuals in a powerfully positive way, OR the reverse. It can radiate out very quickly, having an uplifting or deflating impact on others, within the team and with customers.

Whilst it can be communicated in words, it is often less about what we

say and more about our energy, and where we are coming from, positive or negative. We can all read between the lines when the words don't match the feelings/impression we get.

Likewise, we can feel the congruence when energy and words are aligned.

## "THE IMPACT CAN BE MASSIVE IN EITHER DIRECTION"

We have the power to change it, from moment to moment. But it is often like an inbuilt (default) operating system; running on automatic without us being aware of it.

As the old saying goes, 'What you put in is what you get out', so it's best not to leave it on automatic if you have a particular outcome/experience in mind, firstly for yourself and then others.

**I CARE**

This formula works equally well in life and in business.

Best results are achieved when you play 100%.

Care matters.

Go well! 

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Greg is a Director of Noosa Van Lines and a Leadership Mentor. He has held a number of senior management roles, culminating in 10 years as a Group General Manager in one of Australia's highest profile companies with a divisional work force of over 6500 employees. He is passionate about helping people succeed in business and in life and in helping develop leaders with this approach. More at [www.noosavanlines.com.au/care-matters/](http://www.noosavanlines.com.au/care-matters/)

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