

Testimonial for 'Liberate Your Thinking' Workshop; Simon Wootten, Head of HR, Tecan Precision Metals

For some years now I have been conscious of my own attitude in relation to those around me, thinking about how I feel and considering the relationship between my thoughts and feelings, but I have not necessarily been in a position to act upon this. I've reflected sometimes and observed different responses that have been elicited from others according to my own responses to them. Sometimes in a deliberate and controlled way, sometimes not! Sometimes I have come away feeling really pleased with my achievement, sometimes very dissatisfied.

Have you ever thought why it is that sometimes things seem to 'come together' with ease, why is finding solutions to problems sometimes a pleasure, almost effortless? Other times it's almost as if the script for the day has been written with you as the target for countless barriers, frustrations and even outright sabotage with everyone around you as the saboteur! Of course this isn't the case. I can see this right now in a moment of rational reflection, but when the red mist starts to descend this all changes!

I also never cease to be amazed at how clever the human brain is, not in an intellectual way, (certainly not with my brain anyway!) but just in the way it can be trained to overcome both mental and physical challenges, with the right insights.

So what? Well at a very practical level the 'Liberate Your Thinking' Workshop has helped me to understand this to a deeper level, and helped me gain insights into my own thinking, linking my thinking and feeling and how I can be more effective with others. It has helped recognise how I can avoid becoming overburdened with unhelpful emotions and habits that far from contributing to finding solutions to problems, in fact can get in the way. It has also provided valuable insights into how I can help and support others, and I feel better in myself.

When I observe how effective meetings are, how well people are working together in Teams, how effective individuals are being. When I can see a team or individual member of staff struggling with something, almost always there is an element of their own making coming from their thinking that isn't helpful. Sometimes this is acute, sometimes more subtle. The 'Liberate Your Thinking' Workshop has enabled me to take my approach to being more effective to another level, predominantly professionally, but at a personal level as well. I am finding greater clarity and quality to my thinking that is reflected in my work. As an HR professional it has also enabled me to be more effective in coaching others, working at the pace of others and helping them to gain similar insights into their own thinking as I have. This has improved the effectiveness in the way both I and those around me interact and enabled the whole group to be greater than the sum of its parts.