

JWC's Cultural Concepts

EXPLORING THE MINDSETS OF A HEALTHY,
HIGH-PERFORMING ORGANISATION

1.

be here now

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here now". You are in a meeting but are perhaps thinking about the next meeting you have to attend. Or someone comes to your desk and you are still typing as you answer them. Or perhaps you are with your children but thinking about what you need to do for a project at work. In each of these cases, our attention and ability to be present are severely degraded. Not only is our ability then reduced, but it is often visible in those around us; it casts a powerful shadow. Simply put, if our attention is diluted or scattered then we become less effective, but also less aware of those small things in the situation that may become big issues later on. If we can practice to be here now more often for ourselves and those around us, then we are more engaged in the task we are currently dealing with and can respond more authentically and appropriately. This not only applies to our tasks, but our human interactions one-on-one or in meetings.

So, how do we improve our ability to be here now? There are many ways to do this such as looking after ourselves with good exercise, nutrition and rest. However, the simple fact of reminding yourself to pay attention to what you are paying attention to can be the simplest of first steps. ✦

Ideas for implementing the concept of Be Here Now:

- Identify the areas in your life where you could be more present.
- In meetings, remind each other the value of being here now to focus our best efforts on the products of the meeting.
- At home, try to give your full attention to a loved one or spouse.

THE OPTIMISATION OF resources has always been important in the military – being able to direct the appropriate resources at the right time to the right place is paramount. Yet, when we think about resources, we often refer to tangible items such as equipment, supplies, and even how we use our own people. How often though do we think about the appropriate management of our own individual, *internal* resources? These include our thinking styles, beliefs, moods, mental focus, our perspectives, and even our own presence. Each influences how we "show up" on a daily basis. They are the

filters through which we see the world. Just like our external resources, if our internal resources are unclear, unused and poorly maintained, then how can we expect to be productive when we try to use them?

One of the most important of these inner resources is our own attention. That is, our *capacity to maintain selective or sustained concentration*. Our ability to focus this attention on the present task, in the present moment may be one of the most powerful tools we have. That is our ability to *Be Here Now*.

Think for a moment about how ineffective we might be when we are not "being