Sunshine on a Rainy Day

“I feel sick,” said the voice from the bedroom. “You are not sick. Get up and get ready,” called the wife, walking up the stairs and hovering outside the bedroom door. “I hate work and I’m not going,” said the voice from the bedroom, “Lately, I have been getting things wrong, making mistakes, and getting smirked upon. I have a feeling that nobody likes me, and I’ve got no friends. And I have these conference calls with such demanding clients. It’s all just pointless, and I’m not going to office ever again.”

“I’m sorry, but you are going to office,” said the wife through the door, continuing encouragingly, “Really, mistakes are how we learn and develop. And please try not to take disapprovals so personally. And I can’t believe that nobody likes you—you have lots of friends at office. And yes, all those clients can be demanding, but we are all pushed in many ways throughout our lives, so all this experience at work is useful for life in general. Besides, you have to go, you are the CEO.”

If this is the page from a regular CEO’s diary, one can imagine how many such pages must be scribbled in the diary of a mainstream employee! We all have our share of good days and bad days. Fortunately, for most of us, the number of good days outstrips the number of bad days. And yet, almost all of us, at some point or the other, have our share of individual lows when we feel stranded in an uninhabited galaxy far, far away. And in those phases, we tend to make the lives of people around us miserable!

They say that a ‘good’ professional doesn’t allow his heart to rule over his head—by ensuring that his emotional lows do not end up compromising his healthy temperament while dealing with his colleagues. That might be true for a ‘good’ professional. But, I believe that a ‘true’ professional is one whose head is constantly listening to his heartbeats—thereby endowing him with compassion and patience towards a colleague who is going through an unreasonable temperament phase…