



# talking about...

December 2011

... designing better relationships for better outcomes

## Into 2012 ...

As 2011 comes to a close, I would like to once again thank you for taking the time to read my musings each month. As always, the passing of a year and the welcoming of a new one gives pause to reflect on what has been and what might come.

In many ways, 2011 seems to have been a year where the world has drifted somewhat and we now find ourselves perilously close to the rocks. It seems increasingly obvious to many that the political, social, financial and organisational approaches that have fuelled world growth are finding their limitations. For a growing number of people, this moment in time is being seen as a potential tipping point where they believe we can embrace some new ways of doing things or continue the same approach with dire consequences for a lot of people. This does not mean that we have to discard existing approaches, rather it may be time to transcend them.

The key lies in leadership. Not the command and control approach of the past, but rather an approach built on vision, cooperation and trust. The challenge lies in developing leaders who can implement such an approach.

It is widely said that there is a Chinese curse which goes, May you live in interesting times. 2012 promises to be an interesting year and, at Talking About, we believe we can offer some insights and approaches to help you navigate your way through it and beyond. We also believe that we, among others in the world, have constructive ideas about how to develop a new way of being, becoming and leading.

Despite the uncertainty of what 2012 will bring, we humans always have the capacity to shape our future, so from all of us at Talking About, we wish you a well-shaped and prosperous 2012.

## Into and Out of Anxiety

*"Concentration is a fine antidote to anxiety."*

... Jack Nicklaus (b. 1940) US golfer

The year 2011 started as a year of promise for many people, but as it comes to an end, rather than an increasing hope there seems to be a world wide growth in our state of anxiety.

From an ontological coaching perspective, anxiety is seen as a mood characterised by a underlying sense of fear predisposing us to tentative and/or defensive action. It can also be seen as an individual's stance in the world where that person doubts their ability to deal with the future. So one way of looking at this rise in anxiety is a rise in self-doubt.

Clearly there are many reasons for this rising anxiety, some of which are obvious and others not.

At a global level, there appears to be a fracturing of the structures that have served us well historically and at the same time created some certainty for us.

We also live in a world where it serves some people to create a sense of fear. Politicians do it. Advertisers do it. The list goes on and on. Indeed, anyone seeking to sway people can create a sense of fear aimed at compelling some desired action.

At a personal level, we are being inundated with things to address which can lead to a sense of feeling overloaded and unable to cope.

Anxiety is a normal human response to dealing with the world. It plays a part in keeping us alert to potential harm. However, it is not a state that serves us well if it is ever-present.

One of the keys to dealing with anxiety is to recognise that when we are anxious we are focusing on what we don't want. By shifting to focus to what we do want, we can start to find ways where we can take more decisive action and, in doing so, build up our self-belief.

*"Today, communication itself is the problem. We have become the world's first over-communicated society. Each year we send more and receive less."*

... Al Ries, US Marketing Professional and Author

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## Talking About LinkedIn

We now have over NINETY people participating in our LinkedIn conversations and you are invited to join in. Each month, we will be discussing our newsletters in more depth and also regularly invite you to consider other questions that we pose. You can find us at <http://www.linkedin.com/groups?gid=3716581>

## Mensa Invitational...

*The Washington Post's Mensa Invitational once again asked readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition. This time the winners were:*

**Cashtration:** The act of buying a house, which renders the subject financially impotent for an indefinite period of time.

**Ignoranus:** A person who's both stupid and an asshole.

**Intaxication:** Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

**Reintarnation:** Coming back to life as a hillbilly.

**Bozone:** The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

**Foreploy:** Any misrepresentation about yourself for the purpose of getting laid.

**Giraffiti:** Vandalism spray-painted very, very high

**Sarchasm:** The gulf between the author of sarcastic wit and the person who doesn't get it.

**Inoculatte:** To take coffee intravenously when you are running late.

**Hipatitis:** Terminal coolness.

**Osteopornosis:** A degenerate disease. (This one got extra credit.)

**Karmageddon:** It's when everybody is sending off all these really bad vibes, and then the Earth explodes and it's a serious bummer.

**Decafalon:** The gruelling event of getting through the day consuming only things that are good for you

**Glibido:** All talk and no action.

**Dopeler effect:** The tendency of stupid ideas to seem smarter when they come at you rapidly.

**Arachnoleptic fit:** The frantic dance performed just after you've accidentally walked through a spider web.

**Beelzebug:** Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.

**Caterpallor:** The colour you turn after finding half a worm in the fruit you're eating.

*"The world is broken into fragments  
and pieces  
That once were joined together in a  
unified whole  
But now too many stand alone -  
There's too much separation  
We can resolve to come together in  
the new beginning"*

... Tracy Chapman (b. 1964) US  
Singer/Songwriter

## Talking About Webinars

Next year, Talking About will be presenting a number of webinars. First cab off the rank we have two complimentary webinars coming up in early February, both on "A New Way of Communicating". The first focusing on our Effective Conversation model and the second on Identity and Impact. Both are an introduction to our online webinar series starting late February looking at the topic in depth at a practical level. Check out our Webinar tab on our website for more details on this and other webinars.

## Our Web Site

More articles and information about our work can be found at our web site, [www.talkingabout.com.au](http://www.talkingabout.com.au).

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