



Make Your Mark (July 2010)

This month's message for you comes from my friend and colleague Graeme Skea. Graeme is an excellent coach and trainer who works in Scotland and internationally, including offshore. He is also highly creative and enjoys writing. I'm pleased that he has written this for you and hope it makes you think a little. Over to Graeme now ...

Marks are found everywhere, they are used extensively to brand goods we buy or rent, they can signify quality, they can stain our clothing, make our shiny cars not so perfect, and the list is endless.

In our world right now, footballers are making their mark on and off the pitch in the world cup, many people are dealing with the impact of the mark being made by the oil leak in the Gulf of Mexico and the UK coalition government will be making their mark with the budget in late June.

Whilst these are big events, our personal marks are being made and marked into our personal history every second of the day.

So, how often do we think about the marks we make and leave around us?

In our personal life, what marks am I making right now, as a parent, a partner, a family member, a friend, a colleague and in how I act towards complete strangers when I'm driving, walking, talking etc?

In work, what marks am I making right now in the way I approach a task, deal with a challenge, how I interact with the team, the organisation, the suppliers I use and my customers?

In the community, what marks am I making right now towards my neighbours, my contribution to society, and my environment?



We all leave marks. How about we mark ourselves on a scale of one to ten, and see where we can leave the best remembered marks in all areas of being a human being.

Graeme Skea
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Graeme's message is making me think about all the areas of my life in which I am making my mark, intentionally or otherwise. And where I want to change the mark, or make it stronger. See what it brings up for you, and be assured that you are making your mark, even though at times it may not appear that way.

Speak with you later ...

Alison

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