

FAST Pathways® Skills for Mental Wellbeing – ‘Your Shield’ in Action

Angela’s was one of the first resignations which the FAST Pathways skills prevented. She’d recently started a new job, in an organisation which I was supporting to improve their Operations processes. Brimming with enthusiasm, she’d got stuck straight into her role, loving the broad scope she’d been given to bring in changes. So it was all going really well. But there was one person who she just couldn’t get on with, and unfortunately, he owned the business.

It started with little things, differences of style and opinion, but it escalated rapidly. Within a few weeks, she couldn’t stand to be in the same room as him – she said it made her feel physically sick. It was what I can only describe as an emotional allergic reaction. She’d asked to be excused from the meetings she knew he’d be attending, which was really getting in the way of what she had to deliver.

Angela developed an array of creative strategies to be wherever he wasn’t. Having it preying on her mind the whole time was distracting, slowing her down and leading to her making mistakes. So frustrating!!

She knew it wasn’t rational, and she’d tried talking herself round, but it simply hadn’t worked. In fact, she’d tried everything she could think of, without success. She was on the verge of handing in her notice.

It took just a few minutes to teach her to imagine being thoroughly protected, freeing her from the negative emotions which overwhelmed her whenever he was around, and as her reactions changed she became comfortable to talk openly with him. Within a few days, they started to work well together, collaborating closely on a number of key changes. This simple mind skill worked so well that she got straight back to loving what she does.

There have always been pain-in-the-backside people you’ve been able to ignore. Your shield’s a way to experience more of what’s already working. Whether you choose Wonderwoman arm bands for deflecting insults, a large, transparent bubble, or an invisible energy field, how’s will your shield boost that natural protection?

