

June 1st 2004

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**Wake Up Call**

Your weekly email support from WorkNet



**A Balanced diet**

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We are not supposed to get too personal at work. Feelings are meant to be secondary to professional considerations and the 'touchy feely stuff' should be banished from our work culture.

While there is an understandable wisdom in developing sensible and productive working relationships, it is possible to create a working environment which ignores or at least overlooks the human beings and over-emphasises the human doings.

Try asking yourself what kind of encouragement really helps you. I would suggest that specific rather than general or blanket comments are more powerful. It helps to know that someone has noticed the detail of your work and commented positively on it. Again, it is better if the encouragement is unconditional. "You did this well but . . ." tends to dilute the encouragement.

If you think about it, you probably prefer to be encouraged regularly rather than infrequently. Some research suggests that we actually need encouragement on a daily basis. We thrive on a diet of encouragement rather than the occasional meal.

You may like to add some other characteristics of the kind of encouragement you appreciate. You may find that words, e-mails, letters or even cards work for you.

Having asked the question and concluded that a detailed, daily, undiluted, varied diet of encouragement is good for your work, can I suggest that you now have the recipe for encouraging others? This is the principle of Jesus' golden rule "in everything do to others as you would have them do to you" (Matthew 7, 12)\*. You can build a professional and personal work culture on that foundation.

\*This is the bible section for this week.

Matthew 7 v 12

In everything do to others what you would have them do to you.

[Bible reading](#)

(Nb This week is included in the  
text. )

Click on the link above to take you  
to the online Bible reading related  
to this wake up call.

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WORK WELL

Geoff Shattock, National Director

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## WAKE UP NEWS

We welcome members of the Parliamentary Staff Christian Fellowship to Wake Up Call. If you would like to know more about our Group Registration Service for your group please email Fiona Mearns on [info@worknetuk.org](mailto:info@worknetuk.org)

OUR NEW RESOURCE WORKTALK is based on the words of Jesus from the cross.  
**[CLICK HERE TO VISIT THE NEW WEBSITE](#)**

There are a range of resources including the seven commissioned poems to download

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