

Nicole M. Seichter

ENJOY

A New Approach To Stress
And Burnout Prevention

A Strengths-Based Process That
Celebrates Our Uniqueness

Introduction

My Equation for Hope

Human Uniqueness = Stress Prevention

Has someone already shared this idea with you?

Let me clarify what I mean:

The more you know about yourself and the power of your own uniqueness, the more you are prepared to face the stress and challenges of life. And by this, prevent and protect yourself from stress and burnout. I am convinced that each person's uniqueness holds the key to their burning desire and capabilities to ENJOY life to the fullest. It is this your own human uniqueness that contains the unbeatable power to conquer any challenge and any stress that may come your way. This book is my baby; my story. Within its pages, you will read about the ENJOY process which will help you learn to use your uniqueness as an advantage, instead of ignoring it or worse, abusing yourself or others with your behavior. At this point, I want to share with you the big why, there are 2 reasons why I've put this together for you!

Reason Number One:

I am a very empathetic person. In the language of Clifton Strengths®, which I will explain later, my #1 talent theme is Empathy®. This talent helps you read the emotions of the people around you like a book. Words are not needed to know what is happening around you and I'm not shy talking about what I am feeling. It's a great talent, but it can make others feel uncomfortable if they can't, or don't embrace what it can mean for them or their team.

Until I was "introduced" to Clifton Strengths®, I felt wrong so many times. Even being a very positive person with a great amount of energy, my uniqueness was too much for many of the people around me to handle. Early in my childhood, my grandmother used to say to my parents, "She is something ... you will be surprised about her." But unfortunately, she didn't mean it in a positive way. I was never normal. This was not accepted, and it has caused me a great deal of stress over the years. People are easier to deal with if they are adjusting themselves to others instead of staying strong and courageously walking their own path. That being said, I lost a couple of so-called "friends" along my path. Painful. I thought it was my fault, that I did something wrong. But the reason was so simple: I was staying strong and confident in what God created within me. And, I

know I'm not the only one feeling this way. This book should be a crutch for you to continue your path, instead of trying to live the life of someone else on this planet.

Reason Number Two:

Every person—every human being has their own story to tell; their own uniqueness, their own perfections and imperfections. The way people ignored my uniqueness—intentional or unintentional—was very painful for me. But what left me speechless over the years, was the fact that others experienced the same issue, but didn't have the courage to stand up for themselves. My #2 Clifton Strengths® is Connectedness®. The power of this talent theme is the capability to discover the bigger picture—to see connections between actions, reactions, behaviors, people, and events that most people don't notice. Instead of focusing on their own development, some people prefer to accept the fact that they must obey and do what others expect them to do to “get ahead” in life. They cannot use their own uniqueness. That makes them feel weak, wrong, and bad. But since they cannot deal with these feelings, they tend to take their frustrations out on others. Stepping on the backs of others and treating them in the same

way they have been treated becomes common practice—a vicious cycle of negative behavior. They fall into their fight or flight mode—get stressed and limit their own options to find the best way to deal with their challenges. And the spiral continues to turn ... I can feel their pain and how their behavior created an environment of stress and negativity—and eventually burnout.

Step by step, I started to come up with the idea that this so-called “weakness” could be the most powerful stress prevention technique ever. There is a reason why you are different. So, how could I help people smile more? This was the initial reason for my decision to become a coach. I wanted to help people to have a real smile on their faces. A smile from deep inside, because they truly FEEL happy. I knew in my heart that if everyone knew that it is ok to be different, and if there was a way to do this on a daily basis, happiness could become a permanent feature in everyone’s lives. It would give you the courage to be nice but bold. If we all knew the definition of our own uniqueness, we wouldn’t feel the need to step on others, to BE bigger or more important or to win every argument. Their own unique characteristics would be the self charging battery for everyone—to create teams on a different level— with a different level of appreciation and recognition. I was positive this would change the communication in our daily lives. But most importantly, in the workplace. And

with less pressure and stress at work, people could continue to develop their personal lives and careers. There would not be the need for a fight or flight reaction as you have been used to. Not creating stress in the first place is the most effective stress prevention of all.

I collected a lot of tools during my career as a coach. I was successful but was still missing the language to explain my theory. The moment I learned about Clifton Strengths®, I knew I had found what I was looking for. Finally, everyone could understand AND explain what is needed to be truly happy—to have a smile on their face. From deep inside, by being yourself!

Uniqueness = Happiness = Stress Prevention

This is Why I Created ENJOY!

E - Embrace who you are

N - Nurture your uniqueness to create your own stress prevention shields

J - Jump and design YOUR plan to BE your true self

O - Optimize your life according to who you are

Y - You, because it all begins and ends with you

**Uniqueness = Happiness = Stress Prevention
= ENJOY**

What is Different About ENJOY?

At Home

You will finally understand what is special and unique about you. Finally, you will get a better understanding of what makes you special. It will help you to explain your uniqueness to others, and express what you need and want to be your best self. And—even better—ENJOY is a guide for you to create a personal development plan. A plan you can work with.

This plan will change the way you feel about yourself, the way you communicate with your loved ones and will improve your efficiency to get things done. This process will change the way you are present in the here and now. This will be YOUR key to live life to the fullest.

At Work

Having this plan and knowing your own uniqueness will help you see that there is beauty and uniqueness in everyone. As an individual—as well as a manager and a colleague. It will change the way you express your needs to others and understand and accept the needs of others. Knowing about this will support you as a manager and help you to provide your coworkers with the opportunity to do what they do best

every day. It's your responsibility to care for your employees. ENJOY is the unique process to help you with this! With ENJOY, every employee will know their own talents and can develop a unique plan to transform the talents into strengths; at the same time everyone can develop a plan for the personal improvement. The ENJOY process is a tool that will bring joy, laughter and appreciation back into your work environment. These are the conditions necessary to have successful results at the end of the year—and isn't this what you are really accountable for? ENJOY will support you in your work—simple as that—helping you to be more efficient, engaging and pleasing for everyone! But ENJOY goes way beyond this! Applying the knowledge, you will gain while going through the ENJOY process will boost stress and burnout prevention to a completely new level. It will inspire you to use your individual uniqueness to understand what may create stress and even more importantly, how to avoid it. It supports everyone in creating their own stress protection shields and therefore brings a powerful self-awareness for everyone involved in the ENJOY process. The ENJOY process will be your assistant to design your personal plan which prepares you not just for stress—but for a self-paced life. You are part of something bigger—you are part of the system. And, if you change

your system, and others change their systems, eventually you will change the whole system, one person at a time!

ENJOY comes with the message: celebrating human uniqueness prepares you for the challenges of your future! That is my equation for hope! A short note at this point. This book is my creation. It was written with all of my senses and talents. And, of course, it was also written using the lenses through which I see the world. All notes as well as all actions have therefore been written from a perspective of Empathy®, Connectedness®, Maximizer®, Learner®, Positivity®, Adaptability®, Developer®, Activator®, Belief®, and Woo®, all of which are my dominant themes.

Thank you for reading my book, I really appreciate the time you are investing in learning about the ENJOY process! I invite you to read it from cover to cover, or pick just a few chapters that interest you the most. You have the choice. As you are unique, you will have your own way of doing it!

ENJOY! Let's get started! You can do it!