

# WHY MOODS MATTER

“You don’t have to be the victim of your environment; you can be the architect of it.”

James Clear

## Why moods matter

We are biologically, inescapably emotional beings – we are never not in mood. Moods are predispositions for action - everything we do or do not do, is because of the mood we are in. Try and be interested in what someone has to say you feel irritated with or offended by - very difficult!

As David Hawkins said, “What one holds in mind tends to manifest”. Whatever thoughts we consistently hold in mind, we consistently act out.

## How moods matter

In a world of unprecedented change, with increasing levels of uncertainty, and unpredictability, it is understandable why more people are experiencing moods of anxiety, resignation, and negativity. It explains why people are feeling more fearful, helpless, and vulnerable.

Given the fast paced and ‘always-on’ world of work, most people are more time poor and increasingly frustrated by the wasted effort spent in unproductive meetings. Also, so much time is wasted engaging in pointless email trails and conversations that avoid addressing what is most important. Increasing levels of cynicism prevail where people blame others, find excuses and resist change.

MOOD	BEHAVIOUR	IMPACT
Ambition	Courageous	(+) (+) (+) (+)
Curiosity	Open	(+) (+) (+)
Acceptance	Pragmatic	(+) (+)
Resignation	Complacent	(-)
Anxiety	Fearful	(-) (-)
Resentment	Victim	(-) (-) (-)

## New possibilities to lead from resourceful moods

As leaders, we are a victim of our circumstances or the architect of our environments.

To be the 'architect of our environments', we need to decide on what moods to live more in and from.

Leaders, whom others follow, create a working environment in which moods of acceptance, ambition and curiosity prevail. Ineffective leaders perpetuate environments in which resentment, resignation and anxiety predominate.

Whilst we cannot control our moods, we can manage our moods. Only when we come to see how our moods may not serve us or others, are we in a position to shift our moods to better serve one and all.

What if in team meetings, more time was spent in moods of ambition, curiosity, and acceptance? How much more learning and understanding would prevail? How much more informed would the decisions be?

How much greater commitment and cooperation would be secured to an agreed action plan?

Take this opportunity to learn more about moods and how moods matter. Learn how to shift your moods to create new possibilities to develop greater understanding so more informed decisions are made, and wiser action taken.

## How Moods Matter, Masterclass

The Masterclass opens up moods as a domain of rich learning through being able to:

- Access moods as a domain of learning to develop greater resilience and resourcefulness.
- Understand the six 'Moods of Life' and how moods come to be.
- Be a better observer of one's moods and how they serve one or no
- create a safer space and place for others to speak more of their truth

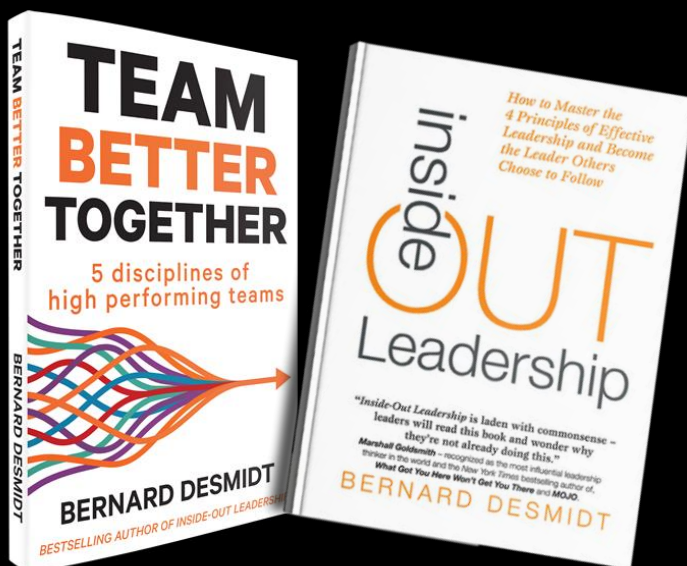
### and...

- Manoeuvre your moods to open new possibilities to deal with change and uncertainty.
- bring about a desired organisational mood and improve team member engagement
- Live and lead with greater fulfilment and impact.





As an accomplished coach, trainer, facilitator, speaker and author, Bernard works with leaders and leadership teams to unlock the power in teams and access the collective capacity and capability to achieve the greatest things possible.



## What clients have to say about Bernard's workshops:

"Bernard is a very courageous person who has stretched and challenged all of us to go places where we could not have imagined let alone gotten there on our own. It was an eye-opening experience and Bernard provided a safe environment where judgement is suspended, and open and frank discussion could take place. It was a very humbling experience."

### Cath Jules (CEO - Criterion Conferences)

"...the greatest and unique aspect that Bernard brought to the program – that I have rarely seen in any other facilitator – is his ability to enable people to think, feel and speak freely without fear of repercussion."

### Sean Dempsey (CEO - Plan Partners)

"...Bernard has both an engaging and challenging facilitating style which encourages thinking and discussion. Our leaders are bright smart people and I knew they needed someone who had a strong presence, whose material was thought provoking and up-to-date and who could move our leaders forward on their leadership journey..."

### Linda Smith (Manager – People & Culture, ISPT)

"...Bernard's programs look at leading through deeper self-knowledge; how this informs how you lead; the impact you have on the people you lead; and the effect this has on others."

### Suzanne Shepherd (Group Executive – Human Resources, McMillan Shakespeare Group)

To discover more about the Masterclass workshops,  
call Bernard on + 61 414 654 437  
or email him at [bernard@bernarddesmidt.com](mailto:bernard@bernarddesmidt.com)