

Choice is yours

Take charge of emotions rather than letting them control you

YOU have got too much to do, something has gone wrong, and you feel like you're never going to get through the day.

And with that way of thinking, you probably will not succeed, according to Lyndsey Baigent, who spoke about emotion in business at a lunch meeting of the Real Estate Women's Network at Surfair at Marocola last week.

Ms Baigent, whose fields of expertise include empowerment, goal setting, vision and motivation, said many people made the mistake of letting their emotions rule them instead of exerting control over their emotions.

She said emotions were feelings that people chose as a way of responding to events and those emotional choices affected people in their work and personal lives.

"So often, we think that emotions are caused by what happens in our lives. I could say that I'd been handed a life that would have been very overwhelming but it's actually my choice in how I react,"



CHOICES: Lyndsey Baigent.

she said.

Ms Baigent said she had previously allowed her emotions to rule her life.

After the birth of a daughter with cerebral palsy and autism, she attacked herself as a parent and spiralled into a mess of over-eating, gambling and drinking up to two bottles of wine a day.

At her lowest point, she consi-

dered suicide, but inspired by the daughter "who turned up for life so fully every day" she embarked on a process of self-development and education that turned her life around.

Ms Baigent said the trick in controlling emotions was to reconsider the meaning that people attached to events.

"It's actually the story we attached to things that happen in our lives that causes us to have emotions."

She said searching for the positive or a benefit, even in the most negative situations, made it possible to deal with challenges.

"If a contract falls over, finance falls through, a team member has left, ask yourself what's great in that, and you'll find it, and you'll use it to drive yourself further," she said.

Ms Baigent said the business person who sought the gift, beauty or inspiration in bad situations was better-placed to succeed than the one who let a negative bring them down.