

Be responsible for the outcome in your life!

By Nuwan Samarapathi

Mr. Gunawardena is a well-off company director. He is very happy that he was hired by this multinational company. He is married and has two children. He is getting a first-class salary and he lives in his own house. But unfortunately he lives in a constant state of anxiety. When asked why he said "if the people in his life would change, everything would be fine. If only his wife would be more loving and understanding, if only his CEO is less demanding, if only his son is serious about his studies, if only other drivers behave well on the road" he would be fine.



Nuwan stresses a point

What makes the life stories of people different? How is it that some people from such humble beginning and devastating back grounds manage, in spite of it all, to produce lives that inspire us? What makes some people's lives an example and other's a warning? What is the secret that create passionate, happy and grateful lives?

The resources we need to turn our dreams into reality are within us. The first step towards success is, taking responsibility for your circumstances.

Taking responsibility means being aware of the multitude of choices you have in any given moment. Sometime I ask my audience "if you spend 8 hours with me and felt that you haven't learned anything at the end of the training, how much have you lost? Usually they would say "8 Hours". But is that right? WRONG. Every time we make a choice to do something, we miss the opportunity to do something else. For example, if you did not choose to read this article now, you are doing something else right at this moment. Because you decided to read this article, you missed the opportunity to do something else at this moment. So, it is your responsibility to make the right choice among the options you have in any given moment.

Asanka says "actually it is the fault of the job market that I am stuck in this lousy job"

Sharon says "well it is not my fault that I am overweight and depressed because I cannot find a decent gym in Sri Lanka.

Taking responsibility means never blaming anyone else (includ-

ing yourself) for anything you are doing, having, feeling or for who you have become. When you start blaming yourself, you take your power away and you become a victim. When you see yourself as the victim, you would say "I am hopeless", "I am never going to make it" "Why it is always happening to me?"

It is imperative to understand that as you go through each day, every moment, you are choosing the way you feel. When you are faced with a difficult situation, ask yourself "am I going to make myself miserable or content? Am I going to visualize scarcity or abundance?"

Taking responsibility means realizing the power you have within you to change your situation. Did you experience emotions of tragedy and frustration, injustice or hopelessness during last decade of your life? What did you decide to do about them? Did you push yourself beyond your limits or did you just give up?

You decide your actions

The most powerful way to shape our life is to take action. Once you have taken the responsibility for your situation and comprehend the capacity you have to change it, the next step is taking an action. The difference in the result that people produce comes down to what they have done differently from others in the same situation. If we want to direct our lives, we must take control of our consistent actions. It is not what we do once in a while that shapes our lives but what we do consistently.

What determines the actions



we

take? The answer is the power of our decision. Your life changes the moment you make a new congruent and committed decision. You must know that you can make a new decision right now that will immediately change your life. Your decisions are controlled and influenced by your thoughts (your thinking patterns)

Say, you have realized that your boss has not included you in the special meeting. How would you feel? You feel very angry and embarrassed and decided to take a half day off and go home because you think he doesn't appreciate

your work. You think you never get rewarded for your work. You think this is a "disaster" or "end of your career" or "a punishment".

The words that come out of your mouth determine how you feel. Calling some challenging scenario a "disaster" generates a specific emotional response within you, one completely different from characterizing it as "interesting" or a "platform for improvement". The language we use affect whether we respond to some setback optimistically or indifferently. Your words are really nothing more than your thoughts made verbal. Your language broadcasts your beliefs. Our beliefs drive our behavior. Our behavior produces our results.

May be you have tried this before. Just because you tried it before it didn't work, doesn't mean it is never going to happen. Our life is a learning process. May be it is not the tools but the way you used them didn't work. That is why

it says "the experiences you undergo define the man you are! You learn a lot more from your failures than from your successes!"

What if a professional athlete say that he had made a decision not to train anymore, to stop all practices, and to cut out any advance preparation- but he still was sure he'd perform like a superstar on the playing field? We would say that he is dreaming and expecting a miracle to happen. But, how many of us on the playing field of business make the time to train, practice and prepare? Yet we expect to get winning results.

If you are not happy with your current situation, change your actions (behavior) that produce your results. To change your actions you have to change your thinking patterns (your old habits and beliefs). To change your thinking patterns you have to take the responsibility for your circumstances.

Greatness on the outside begins within. You can't show the great toughness against your competition if you don't have mental toughness within yourself.

The writer is a Master Trainer- ProMinds (Pvt) Ltd, NLP- Master Practitioner & Coach (USA) B.Com - Marketing (Australia), www.promindsweb.com Nuwan 0773 66 00 94

A.P.I.I.T

Promoting Quality in Higher Education through Global Partnership

APIIT-Sri Lanka, a leading higher education institute set up in partnership with APIIT-Malaysia and Staffordshire University, U.K., is part of an international collaboration with links to a wide range of reputable universities in the U.K. and Australia. APIIT-Sri Lanka offers Staffordshire University Degree Programmes and provides excellent opportunities for classroom learning, independent and group studies and research.

Our mission is to contribute to human development and socio-economic advancement through excellence in education, scholarship and research.

APIIT-Sri Lanka is privileged to be in a position to help meet the increasing demand for high quality university education in Sri Lanka. To steer our expanding operations, we are looking for a dynamic, career oriented and highly self-motivated person for the following position:

Manager – ICT Services

Are you a highly experienced ICT professional seeking a dynamic organization to explore and apply your professional skills? If so, you may be the right person that we are looking for.

The Role

You will provide effective leadership to a skilled and dedicated team motivating and enabling the team members to meet the highest professional standards at all times.

You will spearhead further development and maintenance of a modern ICT infrastructure and information systems, and implement innovative, robust and cost-effective ICT strategies and services at APIIT.

You will constantly review and update all ICT policies and standards to keep abreast of the latest technological advances. Further, you will liaise with all stakeholders and maintain strong relationships at all levels to generate outstanding results from our investment in ICT.

You may look forward to an attractive remuneration package commensurate with qualifications and experience. If you wish to be a part of our team, please forward your application indicating 2 non-related referees to the Manager – Human Resources within 10 days of this advertisement.

The Person

- You will have a basic degree in Computer Science / ICT / Engineering from a recognized university and full qualifications in CISCO / Microsoft.

- An MSc in Computer Science from a recognized university will be an added advantage.

- You will have 5 years of ICT industry experience including 2-3 years at managerial level in planning, designing and implementing computer and network infrastructure.

- You will have experience in managing LAN, WAN, VPN environments, operating systems (Microsoft / Linux), mail servers (Microsoft / Open source), Database applications (Oracle, SQL Server) and Web applications.



APIIT City Campus, No. 388, Union Place, Colombo 2, Sri Lanka.
Tel: +94 11 2675060 Fax: +94 11 2687249 Email: careers@apiit.lk Web: www.apiit.edu.lk

We are easily satisfied with the best!



GM - Operations

Our client is a well-reputed manufacturing and trading organization headquartered in Colombo, with a history of over 85 years. They are looking for an individual of exceptional calibre to take on a position of responsibility and leadership in the company.

General Manager – Operations will be responsible for managing, liaising and coordinating with sales, finance, production, procurement, imports and the branch network. Hence the candidate should be a committed individual, with extensive administrative experience, preferably in the industrial sector, broad range of management skills, sound academic background and the vision to envisage and implement the company's strategic direction.

While reporting to the Board of Directors, the selected candidate will be allowed considerable operational independence, leading to the eventual elevation as CEO of the organization. A company maintained vehicle and total package of emoluments that's among the best in the industry are on offer.

Interested candidates should send in their resume, with the position applied for clearly indicated on the top left-hand corner, within 7 days to advtg@hpands.lk or the address given below.

Holmes Pollard & Stott 23/1, Rosmead Place, Colombo 7