

# ***SHIFT to*** **Professional Paradise**



**5 Steps to Less Stress,  
More Energy &  
Remarkable Results at Work**

**VICKI HESS**

Copyright © 2008 Vicki Hess

# Contents

Foreword	5
Believe It...or Not	7
<b>Part I – Paradise...Prison...or Somewhere in Between?</b>	11
Palm Trees and a Warm Breeze – Where is <i>your</i> Professional Paradise?	13
Jailhouse Blues – Doin’ time in Professional Prison	21
Out on Parole – Are you a Professional Parolee?	29
POWs and WOWs – The signs of Prison and Paradise	35
<b>Part II – <i>SHIFT</i>: Your Passport to Professional Paradise</b>	47
What You Believe is What You Receive – How your beliefs affect the quality of your work life	51
From Alcatraz to Shangri-La – An overview of the <i>SHIFT</i> concept	59
<i>SHIFT</i> to WOW – The 5 Steps to <i>SHIFT</i>	67
Viewpoint <i>SHIFT</i> – Producing better outcomes in tough situations	77
Connection <i>SHIFT</i> – Creating positive relationships with coworkers and customers	87
Solution <i>SHIFT</i> – Finding the best solutions to your most challenging problems	97
<b>Part III – Grab Your Passport and Go!</b>	107
Destination: Paradise – Lead your organization to Professional Paradise	109
Work, Sweet Work – Set up permanent residence in Paradise	115
Paradise Found – Postcards from Paradise	121
Acknowledgements	123

## Believe It...or Not



Okay, all you doubting Thomases...let me set your mind at ease:  
**Professional Paradise *does* exist.**

How do I know? I've worked in Professional Paradise for many years. I perpetually experience less stress and more energy and achieve remarkable results at work. I call this "the good life." I put up my umbrella, sit back in a cozy chair, feel the warm breeze on my face, listen to the sounds of the ocean, dig my bare toes in the warm sand of work and experience all that Professional Paradise has to offer.

There's just one problem...

I'm lonely!

While I'm delightfully going about my workday, millions of you are toiling away in Professional Prison. As a professional speaker, I often present in front of large audiences. I see the faces of people who think and act as if they have no control over their lives at work and who blame others for their circumstances. Have you ever

noticed that “they” (whoever that might be at the time) do a lot of unfair things to people? *Customers are so demanding. My coworkers make my life miserable. My boss keeps changing his mind!* You’ve probably heard all these things, and maybe even said them yourself.

In my consulting business, I walk the halls of organizations just like yours. I hear the voices of people who are stuck in the rut of complaining. Did you know that in many offices it’s considered “cool” to be cranky? *Why can’t that department get its act together? Why should I have to work so hard when no one else does?* How does the grouching and grumbling affect you day-to-day?

I facilitate meetings and training sessions where I experience too much negativity, judgment and closed mindedness. Have you noticed how often people are imprisoned by their own beliefs and opinions, unwilling to see or hear another perspective? *That will never work. They’re doing this intentionally to hurt me. That can’t be right.* Sound familiar? Isn’t it a bit disturbing to you that pessimism rules the day?

All the latest surveys and research support what I see every day: **too many people are not happy at work**. Call it disengagement; call it burned out; call it what you want. I call it *sad*. It’s hard to believe that in our privileged society so many people are so disappointed in what they do for a living that stress, depression and disease run rampant in workplaces across America.

I’m sick and tired of seeing bright, talented, exceptional individuals locked up in a self-imposed jail five days a week. That’s why I wrote this book. You see, I’m an Escape Artist. I help people – people just like you – escape from Professional Prison and find Professional Paradise. I believe *work* is NOT a four-letter word! I believe you can be a superstar *and* find fulfillment *and* be happy at work.

Now you may be wondering, “What’s in it for me to seek Professional Paradise?” Do you mean other than **less stress, more energy and remarkable results**? You need more? Well, it’s a good thing there are a number of benefits to an extended stay in Professional Paradise:

- ◆ Increased productivity;
- ◆ Improved creativity;
- ◆ More effective problem solving;
- ◆ Better working relationships and communication;
- ◆ Enhanced health (lower blood pressure, more restful sleep, reduced incidence of common illnesses and serious diseases);
- ◆ More financial rewards (bonuses, commissions, raises);
- ◆ Additional smiles and laughter.

In this book, not only will I give you the keys that will free you from Professional Prison, but I will also hand you your Passport to Professional Paradise. I’ll show you step by step how you can live the good life at work using a proven, proprietary technique called **SHIFT** that’s already being used by many people to find their bliss. The five steps of the *SHIFT* technique are simple but not necessarily easy, common sense but not common practice.

Let’s face it. There are a lot of things you have no control over that affect your job satisfaction – things like your responsibilities and duties, your salary, your hours, your boss, etc. These elements are, for the most part, pre-determined. But I’m here to tell you that those things don’t determine the quality of your work experience. **Professional Paradise has little to do with your career, your coworkers, your company, the commute or the cash. You – and you alone – determine whether you will reside in Professional Prison, Professional Paradise or someplace in between.**

“Darn it!” I can hear you now! You were thinking you could blame your prison sentence on *someone* or *something* else (such as the boss, customers, coworkers or the company).

No such luck! It all comes down to you. Don't you hate that? Well, you should love it! Why? Because it means *you* are in control. You have the choice and the ability to create a Professional Paradise you've never even imagined until now, no matter what you do or where you work. And you can do it right now, today.

If you doubt the concept of Professional Paradise, that's fine. For now, I'm asking you to simply be open to the possibility that Professional Paradise exists. Surely you have at least one friend who loves his or her job and would describe it as Professional Paradise. Keep this person in mind as you read. Think of how happy he or she sounds when you ask, “How's work?”

Finding Professional Paradise is not only possible, it's a certainty – *if* you're willing to make a few changes. You may be skeptical that any of this is possible and that's okay. You don't have to believe yet. You just have to do one thing: **Pack your bags!**