

Are You a Communication Outty or a Communication Inny?

After years in the workforce "going for it," my brain went on vacation this summer and I turned from being mostly a Communication Outty into being mostly a Communication Inny. We need both to be effective in life.

As an Outty, you're focused on communicating with others, to get things done. This entails being clear about your purpose and making sure that both your message and your presentation are consistent with that purpose. The emphasis is on doing, the medium is language and it's necessary to have at least one other real or imagined person to be in communication with.

As an Inny, however, the emphasis is on being, the medium is contemplation and you only need yourself. I find myself spending many pleasant moments interacting with nature, through gardening, and engaged in the activities I used to love as a child, like playing the piano and reading.

Whether we're surfing or jogging, meditating or praying, losing ourselves in yoga, music or cooking, these moments of quiet solitude, of flowing with our energy rather than pushing it, allow us to feel our connection to nature or to a power larger than ourselves. They are cleansing and restorative.

Honoring my Communication Inny this summer has deepened my insight into others' needs and enabled me to be more open, compassionate, empathetic, flexible, effective and at service to others, in both personal and professional settings. And where the experience of being a Communication Outty can be passionate and fiery, I find being an Inny deeply rich and quietly joyful.

So if you find yourself "running on empty," and spending too much time as a Communication Outty, as I did this summer, make a commitment to being a Communication Inny, as needed. Create the necessary moments of nourishing solitude and contemplation.