

The Path to Authenticity

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Recently I spoke to a corporate group and shared the concepts of authentic leadership, personal balance and natural gifts and talents. I was absolutely thrilled with how receptive they were to my message. They seemed hungry for it as if they had not met such concepts before.

Of course, I was delighted but then, after a few days, I wondered why this group was so eager for the information – more than most other groups I have shared with. Then I spoke to one of the senior members of this group and gained some clarity.

I was told that this group represented the cream of the crop. They had been to the best schools, have the best jobs and have done everything that society has said is important in order to have happiness on planet earth. Yet this group was not walking in a high level of happiness. They were hard working, often over-worked, very committed, yet very tired and often confused employees.

While I was with them I spent considerable time speaking with several employees. One in particular later emailed me and told me that she has one foot in the comfort of the corporate job and the other foot in the value of being with her young children and following her passions.

This is the common challenge of most who seek the path of authenticity. Corporate life is fairly predictable in its day-to-day activities and the financial compensation. It is often a totally different life when you choose to be authentic. Most people who I have met who have chosen the path of authenticity have never regretted it. They adjusted to whatever change that was required and at the other end of the transition they were happy with their decision. Very few of them returned to a full-time job but continue on the path of authenticity.

Once we understand what authenticity is about, we each have to make a decision about the level of authenticity we want to accept in our life. When you stick with something that does not give you satisfaction you tend to add layers of inauthenticity to your life. The path to authenticity means eliminating thoughts, behaviors and activities from your life that do not serve your natural gifts and talents. It also means becoming best friends with yourself and embracing true you. These rewards are immeasurable and are only discovered once you take the path to authenticity.

Norma Hollis is an International Authenticity Expert who helps Speakers, Coaches and Leaders find, live and share their authentic voice. Her books, programs and services generate engagements among teams that transform people and the organizations they work for. Learn about Norma and reach out to her on LinkedIn:

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