



Sherpa Strength: The Newsletter of Executive Coaching

August 2011

Seeking Truth in Words

By Brenda Corbett

It's nice to know what's really going on and it's nice to know the truth. One of the most important commitments we make to our society is the solemn oath, "The truth, the whole truth and nothing but the truth."

When we try capital crimes and we decide disputes in our courts, we are making important decisions. We have all agreed what kind of truth we need to do that: All the truth, and nothing else. When you make decisions that affect your career, do you set the same high standards?

When you build working relationships, do you get truth, all of it, and nothing but? An important part of getting where you want to be is seeking truth.

Seeking truth... Maybe it's a small thing. Maybe the small things you do become the most important things when you are climbing this mountain called life. Your climb ends at the summit, the place where you want to get to in your career. Along the way, you'd better be good at identifying truth.

One thing about truth: Everybody has their own. I did a personal research project the other day. I asked three people this question, "Isn't it a nice day?"

Person one answered, "No. It looks like those big clouds will move in and, with my luck, we will get rain today.

Person two answered, "Oh my goodness, I see the blue peeking out and I think it will be wonderful today."

Person three answered, "I have no idea. I have a big meeting today. I haven't looked outside."

Who among these three is telling the truth? All of them. Truth is different for each person. Each person is telling their own truth, which leads to the question: What is truth in general? Hmmm ... tough question.



Here's another rule about the truth: Too much of a good thing is a bad thing. Example? Dana is an effective CEO. She knows what she is doing and she has a lot of experience. Her biggest weakness? She talks too much. What happens? She says she has an open door policy and wonders why more of her department heads don't stop by to talk. When she goes near any of their offices, they pick up the phone and pretend to be busy.

Because Dana talks too much, the truth gets lost. Things get said to the wrong people. Things are ignored because people don't know when to listen. People tune Dana out.

As you seek truth, allow people to have their own truth when it comes to personal matters, and don't give people too much, or it won't be enough.

For more about truth, visit "The Sherpa Guide to Who You Are," my blog about seeking truth and happiness. <http://www.sherpacoach.wordpress.com>

Brenda Corbett is Vice President of Sherpa Coaching in Cincinnati, Ohio USA. She's the author of 'The Sherpa Guide: Process-Driven Executive Coaching' used at eight major universities, including current partners University of Georgia, Miami University and Texas Christian. Brenda Corbett can be reached at (513) 232-0002 or bc@sherpacoaching.com.