

THE STRAITS TIMES

RECRUIT

Classified Jobs 1800-289-9988 • www.sphclass.com.sg/recruit • Executive Appointments 1800-289-8822

The ABC's of Work & Life

R is for Remarkable and Real



Katie Mehnert gets ready for R.

I love it when remarkable minds, real ideas and people connect to make remarkable things happen.

I use the word “remarkable” incessantly because I enjoy using this corner of my world to spotlight remarkable people. I love sharing their stories, lives, ideas and dreams.

Not too long ago, I asked someone to guest write on my blog. She was excited about the task until she read the bios of other guest writers. That's when she felt intimidated, and even scared, by the idea that she could not compete with the high-power positions the other writers held. Their experiences made hers seem dull in comparison.

We worry about how great we truly are because we compare ourselves with others.

When it comes to being remarkable, we get scared and let our heads rule supreme. It's okay (This is real *and* normal).

But when you're a blooming flower, your job is to keep growing and nurturing the flowers around you.

My nervous friend sat back, read the bios, and fell in love with the passion, dedication and purpose all of the writers

exhibited. They made her realise what they all had in common: a passion to put themselves out there.

My definition of remarkable is someone who puts himself or herself out there.

As my friend and mentor Frank says, “If you aren't out there, you're just a penguin.” (And penguins all look and sound the same.) He's right. Have you ever noticed how many people look and sound the same? People often ask me how to position their resumes to be successful.

Stand out! That's how!

Remarkable people persevere and own their fears.

I was 12 and it was 1987. We didn't have Facebook or Twitter or cell phones. We had garbage cans. Bullying was a bit old school back then but... it was real and humiliating.

They called me Garbage Girl, and told me I smelled and looked like, well you know, name a four-letter word. Every day that went by, I strategised how to cope. I would sneak into the bathroom and be late to avoid these kids who bullied me for being different. I even tried different bathrooms with a 50-50

shot so I might miss the humiliation of another dump into the can.

Finally, I went home one night and told my Mom and Dad about what was happening. Appalled, my father sat me down and explained to me I needed to fight back. The thought of doing something about it really scared me.

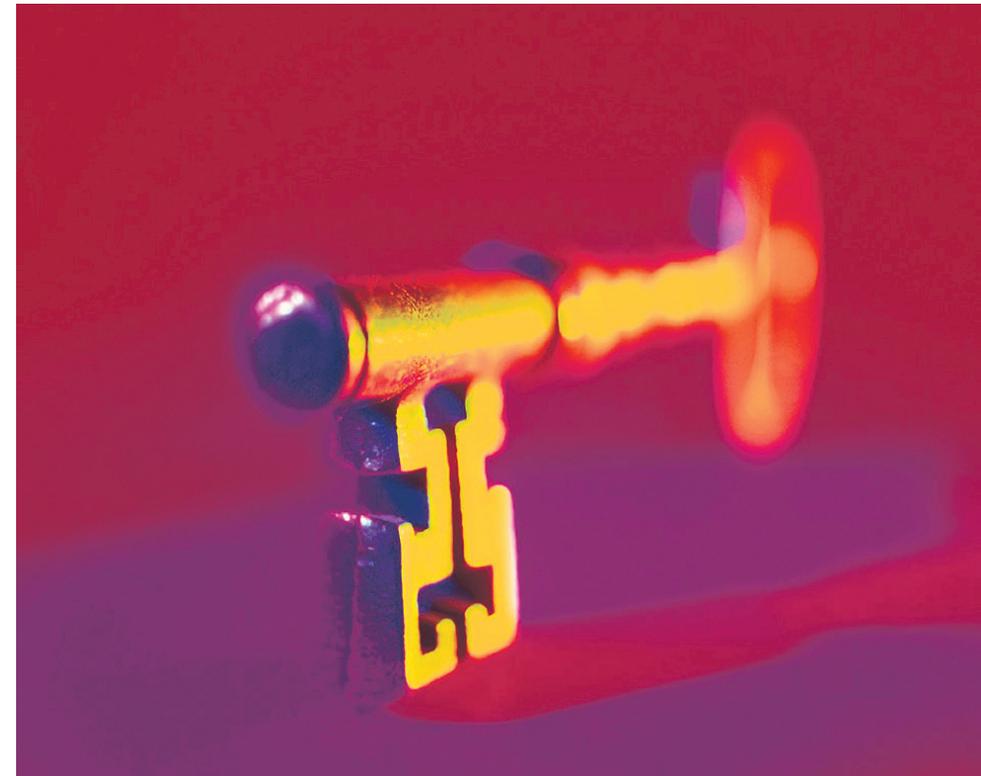
Empowered by my Dad's words yet petrified, I boarded the bus the next day and went to the *men's bathroom* to change for gym. The bullies showed up. *This time I swung back and it took them by complete surprise.* They never looked me in the eye or touched me again, and the boys who got to watch the whole thing laughed about it for days. I was a small hero for a short while those last few months of sixth grade. That day forever changed my life... If you don't take control of your destiny, someone else will, so persevere.

Remarkable minds bleed their art...

They open their souls, and in turn, open the souls of others.

They let go of the need to be perfect or control everything, and are comfortable being who they truly are.

They know the world is open to many minds and ideas, and that there's



no ego. What you see is what you get: Real, remarkable and sometimes raw. The cool part about it all is that you realise how fragile we all are.

Remarkable ideas, when channelled together, can weave the most amazing things.

Minds and ideas are nothing without connection. It's when you have a connection between people, ideas and minds, that you get action. Ideas are just data points. People are the ones who take action and make change happen.

So I ask you, what remarkable things are you doing today?

Who is remarkable in your life?

How are they making an impact on your work?

What makes your world and work real? How are you keeping it real?

What are you doing to put yourself out there, persevere, and own your fears?

Katie Mehnert is a global talent development and change executive with 17 years of helping people and companies get curious, connect, share, grow and perform better. She is the CEO of Pink Petro; www.pinkpetro.com, a platform to connect women and men in the energy industry and advance females in her industry. Prior to her latest venture, Katie was a Director with BP, joining after the Deepwater Horizon incident and worked in various leadership roles worldwide with Shell. She's a dynamic speaker and author having been featured in LinkedIn, CEO.com, Business Insider, and Yahoo. As a work-in-progress marathon runner, wife and working mom, you can follow her musings on balancing it all on her blog at www.katiemehnert.com, or email her at katie@katiemehnert.com