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Consider Yourself

Dear <<First Name>>,

As many of you know, I've just returned from a 2 week holiday to England and Ireland. I had heaps of fun, met wonderful people and saw beautiful historical buildings and countryside.

On my first weekend there, the weather was beautiful. It was sunny and the temperature was around 30 degrees Celsius. According to the newspaper, this was an "extreme heatwave". As I was getting on the tube in London, an announcement was made that due to the extreme heat, passengers should ensure that they travel with their water bottles. And at a BBQ, a guest commented to me that they'd left their dog with their parents instead of bringing her to the BBQ because they were concerned about her overheating in the extreme heat. As someone who's lived in Sydney for the last 19 years and has felt the blistering heat of many 40 degree days, I was baffled and amused. To me the weather was mild and pleasant. When I expressed this amusement to my English friend (and even to an Australian family member from Queensland who lives in London), they didn't find it as amusing as I did. Lesson number one: be more tactful! They explained to me that after months and months of harsh, cold winter the heat feels more intense. And because England doesn't get a lot of extreme heat, not everywhere is air conditioned and places like the tube can become stifling. Makes sense.

Lesson number two was a reminder that a person's perspective can be intricately linked to their environment. And just as this is true for perspectives on physical sensations such as hot and cold, it's true for other perspectives as well. So, when we don't quite understand "where a person is coming from", it can help to pause and reflect on what might be shaping that person's perspective. This can be a useful exercise to engage in with your children, your spouse or partner, your boss, your staff and with just about anyone who has a perspective that's different from yours. It may be a case of "you like potato, I like potahto" with no need to call the whole thing off.

In last month's newsletter, I provided a link to Brainology and mentioned that I'd report back on my daughter's experience using it. Initially it was a success. My 7 year old daughter and my 5 year old son sat for 2 hours doing the first lesson. They really enjoyed it, were clearly engaged with the program and were learning. Unfortunately, there are 4 modules which are meant to be done a week apart over the course of a month so that in between children can do "fieldwork" and discuss their learnings with their parents. And for us, this just didn't happen. With so many other things going on, limited time and priorities we didn't get past module 1. But, yesterday my daughter said she'd like to log on again. So, in short, it's a great tool, but be clear on how involved in the process you want to be before you pay for access.

Have a wonderful month!

Warmest regards,
Janice

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