

The Inner Work of PMO Professionals

Susanne Madsen



Competency Framework: Behaviours



Be open to challenge and debate; avoid being wedded to a single solution



Work with passion and compassion, maintaining a growth mindset



Be resilient and maintain a positive attitude



Remain objective, reserving judgement until all the information has been assimilated



Be open and honest, take time to build relationships, credibility, and trust



Be tenacious and act assertively as appropriate



Are you above or below the line?



State

- Innovation
- Creation
- Collaboration



Behaviours

- Open to challenge
- Work with passion & compassion
- Remain objective
- Maintain positive attitude
- Curious & engaging
- Proactive & empowered

State

- Stress
- Tension
- Contraction

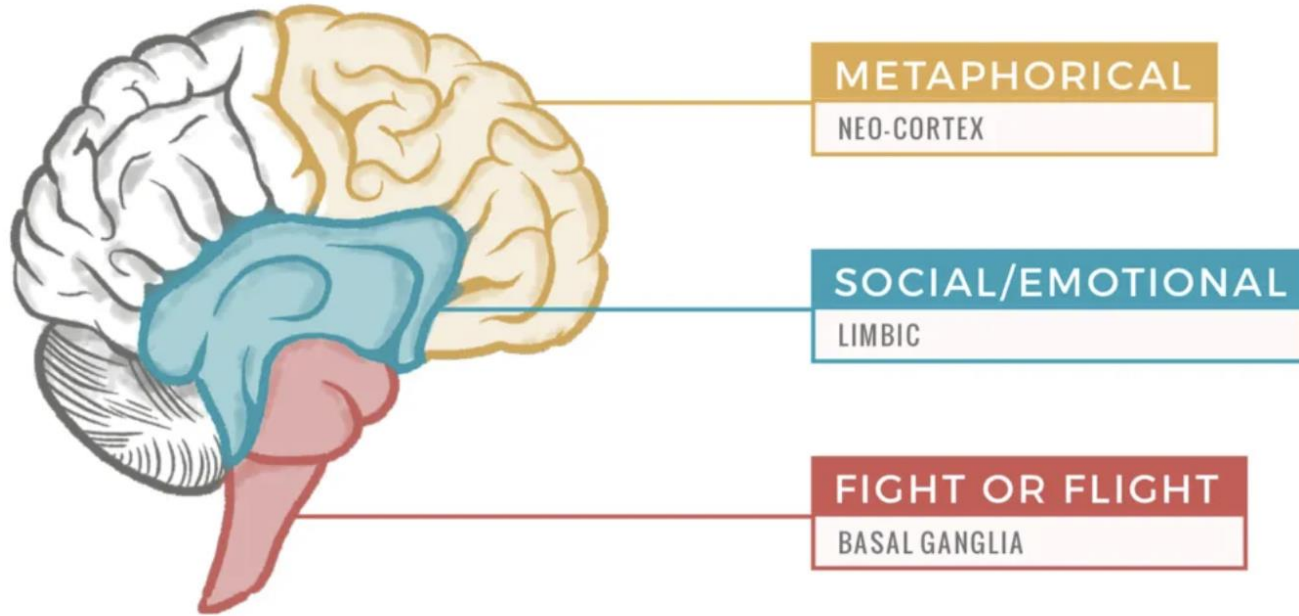


Behaviours

- Defensive, suspicious
- Reactive, impatient
- Withdrawn, passive
- Emotional
- Overwhelmed



What happens in the brain?



What causes you to go below the line?



Situations where:

- You feel you can't handle the situation
- There is too much change or criticism
- You have to do an important presentation

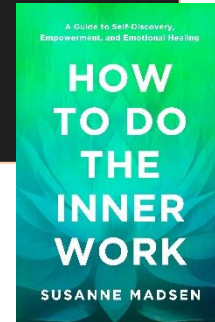


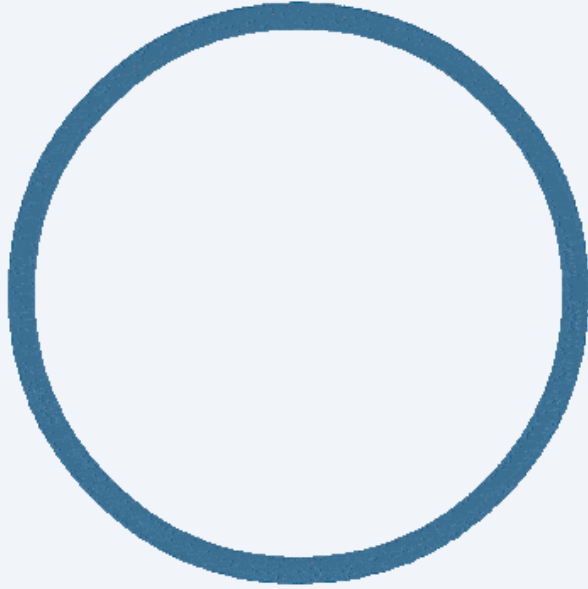
Stakeholders who:

- Don't listen to you or don't have time for you
- Challenge the value of the PMO
- Don't keep their promises

Doing the Inner Work - Tools

- ❖ Acknowledge how you feel
- ❖ Recognize you are below the line
- ❖ Use your breath to calm your nervous system
- ❖ Notice what you are saying to yourself
- ❖ Appreciate your value and your strengths
- ❖ Create an empowering storyline
- ❖ Express boundaries and expectations





1. Breathe a little slower and deeper than usual.

2. Imagine your breath is flowing in and out of your heart or chest area.


3. Activate a feeling of appreciation, care or compassion.

Connect with Susanne


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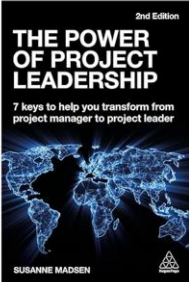


What percentage of employees are engaged at work globally?

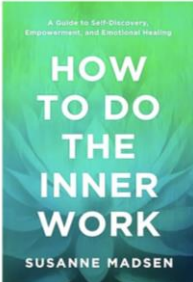


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HOW TO DO THE INNER WORK
A Guide to Self-Discovery, Empowerment, and Emotional Healing
SUSANNE MADSEN

How to Do the Inner Work: Empowerment, and Emotion
by Susanne Madsen (Author) Format: Kindle Edition

When you do the inner work, the outer work follows.


We often think the answer to our problems lie outside of us. The inner work means working with your thoughts of stress into a life of purpose, connection, and joy. Do change old patterns.

In this guide to emotional freedom and self-discovery, clients including journaling exercises, visualizations, and more. These tools can help you work through your trauma and change old patterns.

Throughout this journey, you will gain new insights and world. Learning about your needs, behaviors, thinking stress and fear, infuse more joy and meaning into your life.

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