

EMBRACE YOUR FEMININE SIDE

Your creative, sensitive and intuitive qualities can empower you at work, not hinder you – here's how...

The workplace has long been a bastion of masculine approaches to business, favouring logic, structure and focus over feminine attributes such as empathy, collaboration and intuition, and this has resulted in an imbalanced power dynamic, in which women can sometimes feel insignificant and under-valued.

Thanks to the tech revolution which is changing the way we relate, the working world is waking up to the benefits of feminine-oriented qualities such as relationship building, and the need for care and compassion to combat 21st century stress and overload, and so this is a great time to introduce a more feminine flow into your work life.

We all have masculine and feminine aspects within us because the brain is divided into two hemispheres: the left side is the logical, linear, analytical part which has traditionally been considered masculine, and the right side is the creative, caring, intuitive side and is considered to be feminine.

Of course, these are two sides of the same whole, and each hemisphere is linked to facilitate a blend of masculine and feminine consciousness, though we do all have our own unique operating mode. But our biology does tend to predispose us in one direction or the other, and women are generally more intuitive and nurturing, and men are more inclined towards logic and reason.

However, our education system favours logic over intuition, and so irrespective of our favoured style, most of us learn to dial down the more intuitive, inspirational right brain. We now need to develop those aspects of ourselves in order to reinstate a more feminine balance into our world.

This means engaging with the creative, intuitive, playful and sensual aspects of ourselves, and some great ways to start the process include:

DANCE

Free dance without any formalised steps or moves is best, as it prevents any tendency for left-brain over-thinking. A really good form of unstructured dance is 5 Rhythms, which is a particularly liberating crescendo of swirling feminine movement and energy. Find a class at 5rhythms.com

ART

Any creative pursuit, such as arts and crafts, can get those juices flowing and help you connect with your feminine, inspirational side.

TAI CHI

Non-goal-oriented movement is another great way of getting into the flow, and tai chi has the added advantage of helping to ground the more unsettling chaotic energies, calming the nervous system and helping prevent 'wobble' (emotionally or physically) whenever things get over-heated or stressful.

SELF-NURTURE

Relax and do something you enjoy. That could be a warm, scented bath, a walk along the beach, an afternoon nap or a sensuous massage; anything that gets you out of your head and into your body will get you into feminine flow.

Once you begin to attune to your natural feminine energies, you will probably find that you feel much freer and possibly more sensuous and sexual. These are good indications that the process is underway, and from here, you may find you feel more confident about introducing a more feminine flow into your everyday working world.

Here are four ways you can begin:

The Power of Intuition

Women's intuition is usually the first thing that comes to mind whenever the subject

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of feminine superpowers is raised. This so-called sixth sense is an inexplicable gut feeling or 'knowingness' that cannot be quantified with logic.

Science defines intuition as the ability to pick up clues from various subtle, non-verbal and intangible means, such as body language, tone of voice or facial expression. Intuition has traditionally been ignored in the workplace in favour of hard data, but a combination of both are necessary components of innovation and success, and a well-honed intuition may be a very useful 'edge' in your professional endeavours.

Feel your feelings

Strong feelings are part and parcel of feminine flow, but the prospect of allowing

emotion to enter the professional arena can feel highly uncomfortable. We're conditioned to think that if we don't hold it together, we will fall apart, whereas in fact, nothing could not be further from the truth.

Feeling our feelings does not imply melodramatic displays of drama, which are often just another smokescreen; instead, learning the difference between feelings and emotions bestows profound emotional intelligence, which is highly prized in the workplace.

Self-awareness, combined with the feminine principles of empathy and compassion, are the key to emotional mastery and a suitably trained therapist may be invaluable in guiding you through

the early stages, providing the tools for the clear, concise and mature expression of feelings and emotions, which is the epitome of empowered feminine flow.

Care-giving

Once you learn to take care of your own needs, you will be well placed to extend this quality to your co-workers. This is traditionally viewed as a feminine quality because of its associations with mothering, and many of today's best leaders are care-givers, regardless of gender.

A care-giver in the workplace is simply someone who carefully nurtures their team's talent and inspires the best kind of work ethic which places personal values at the forefront.

The definition of success, according to Michele Obama, is the difference you make to people's lives, and interacting with colleagues in the spirit of collaboration, care and cooperation brings much personal fulfilment as well as inner, and outer balance.

Communication

This combination of intuition, emotional intelligence and care-giving calms and diffuses conflict, fostering empathy and collaboration to build meaningful interpersonal relationships.

Differences of opinion often centre upon feelings, not facts, and this is where the feminine principle of empathy can come to the fore. It is worth remembering that 'what it's about' is often not what it's about at all, and this open-hearted, collaborative approach to communication inspires trust and confidence which, in turn, sparks innovation.

The act of consciously listening to what is being said with 'open ears' and recognising that things are not always what they seem, and becoming interested in how someone else perceives a situation differently from you can bring enormous insight, and irrespective of whether you agree, be willing to respond with respect and compassion, using a conversational tone of speech, maintaining eye contact, with relaxed shoulders and a caring facial expression. This feminine-oriented approach is the foundation of modern conflict resolution techniques, and builds bridges in even the most testing of situations.

Finding balance

Change can often feel challenging, but this could be the perfect time to go with your intuitive flow; the evolution of gender politics, the #MeToo movement and the growing awareness of the need for a more caring planetary stewardship are creating new ways of thinking and being, that are slowly overturning the old order of logic and lack of emotion.

Own your strengths and don't be afraid to bring your feminine side to the workplace. Start to see these qualities as a source of power that connects you to your most authentic self and lead the way by following your heart and showing up and sharing your light. The workplace – and the world – needs these energies more than ever before.