

**“Seeking approval tethers us
to a heavy anchor that
drowns our potential.”**

– Pollyanna Lenkic



POLLYANNA LENKIC

EMPOWERING PEOPLE PERFORMANCE

Wanting to be liked, to have the approval of others is part of being human.

Not all aspects of being human are always constructive for ourselves and others.

It's damaging when the need to be liked and to seek the approval of others dominates, drowning our potential creating a ripple effect in our teams. Derailing creativity, innovation and collective potential.

We turn our back on what is possible.

If you are in the grip of pleasing others, be kind to yourself, it's often a hardwired code that takes time to debug.

Taking some time to assess the actions of the past few weeks and what drove decisions and actions can be a good place to begin and reflect.

Allowing space to look back towards ourselves and to appreciate the value we bring, then with this insight, we can extend and bring value to others. Clearing a new ripple effect that adds value, contribution and constructively builds the cultures we are a part of.

Where has seeking approval derailed you and your team?

Pollyanna