

Corporate Life... I wasn't recognized

S i t u a t i o n :

I am an equipment training specialist and last Friday evening I attended our semi-annual corporate banquet where top sales awards were handed out. Getting there took some creative scheduling on my part since the event was in another state from where I was training.

Our region came in first in sales and when the sales manager accepted the award she acknowledged someone else in the training department and didn't mention my name at all. I'm upset enough to quit over this and other things that have happened in the past. I'm tired and tired of giving and not being recognized. I feel so hurt by this.

I haven't slept in two nights thinking about this incident. And when I start telling people about it, tears well-up in my eyes. What should I do?

A n s w e r :

First let's look at wants and needs. Recognition at a banquet in front to hundreds of people is a want. What you really need, is to calm down and make your emotional stability your highest value.

First of all – quit telling the story to everyone who is willing to listen to it. You're never going to forget it if you keep bringing it to life. So often we think things like this take on a life of their own – not true. We keep feeding them either by replaying silently in our own minds or out loud to other people.

You're not wrong for your initial response, it's a natural, human response. But now, two days later, it's time for some conscious effort on your part to work it down. Your mental health is worth more than the two words: Thank You.

The only way for you to set this aside – to stop the train of racing thoughts and physical symptoms you're experiencing – is to go back to the basic formula: anger/fear cause tension and tension causes symptoms. Your anger is against the woman who didn't publicly thank you. You're accusing her of being wrong. And the only way to stop thinking "she's wrong" is to tell yourself that "she's not wrong – she's average." What she did or did not do may not have been the socially acceptable, best-corporate-practice thing to do. But, she is not the only person in the world of work who did not acknowledge someone – which makes her average.

The only way to lessen your hurt feelings is to recognize that the hurt feelings are coming from your thoughts of anger and resentment. The situation was a disappointment for you, and irritations, frustrations and disappointments are part of everyday life – even at special corporate occasions.



Your fear may be in thinking that you can't do any more than you're doing right now for them to recognize your excellent contributions. Think about it – if you know you're already doing an excellent job, you're giving everything you have to it – why not be your own support team and give yourself a pat on the back for all your efforts. If you give yourself a little silent applause every single day, you'd be filling your own self-esteem sack and won't be quite so disappointed when other people don't praise you.

Another thing to look at to reduce your overall tension is to take a good long look at "giving everything you have" to a job. It may be a prestigious position for you, but you only have to give a job 100%, not 1000%. You don't have to be a perfectionist, i.e. you don't have to be the absolute best – especially if it's causing you so much distress. Make a firm resolution to add balance to your life. Take time for you – even if it's an hour a day in the evening when you're on the road. And stick to your decision – honor your word to take care of yourself.

One final tip: The next time you feel you just "have" to tell the story, go ahead, under one condition – you only tell the good part of it about the award.

No matter what happens in the outer world, remember you are ultimately in charge of what you think and what you think is directly associated to how you feel.

Awards are exciting, true. But we really need to value the things that bring us peace.



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