

## Burn Notice

By Jordan Johnson

High Stakes, High stress, and a Cut Throat Environment.

It seems like the work environment is a chess match in many cases. A GPS is needed to navigate the personal agendas corruption and fake people. Then special shoes are needed as you walk on eggshells around feelings, thin skin and political correctness. Many are worn out before they even actually do their job; not to mention the risk of lack of focus. If people are worried and focused on the aspects above, where is their focus on the things that matter, in healthcare- the patient? This culture seems to be the unfortunate norm even though most lead with open door policies and a transparent environment.

Team success is still far more sustainable than individual success. I have seen first-hand co-workers let others make a mistake so that they could benefit from it. (are you kidding me).

A big part of this has nothing to do with the job; people are bringing enormous amounts of emotional baggage from their personal life to work. This is dangerous and sets the stage for major issues and increased tension.

If your goal is money, power, position, remember it is lonely at the top in most cases. I was once told “be careful when HOW you climb the ladder. The same people you pass on the way up, are the same people you pass on the way down.”

It doesn't always work out; sometimes you do what needs to be done, not for the return. I recently invested in someone only to have the door slammed. This is just part of it. I can't get mad and harbor a vendetta, or it impacts other areas of my life and job. All too often people do things with the expectation that they should get something in return (often more than they invested) or that it always ends well. It doesn't and it won't always!!!!

The reaction, the follow through and the continuation are what define you. Turning your back and burning bridges will get you nowhere. Thick skin is required. Knowing that you are not for everyone is key. Revenge and Vengeance are self-destructing reactions that will consume you.

This is what is killing the “workplace” and why entrepreneurship is soaring. Outlets and coping mechanisms are skills the most truly lack. Logical communication is rare today, without the infusion of emotion. Remember once a conversation becomes emotionally charged, it is over. Listening is NOT hearing.

Bottom line is simple: We have to work together, corruption and agendas will always exist. Fear and Coercion are horrible ways to lead. People say horrible things, feelings are going to get hurt, but what you do with that, how you process it, is what determines the outcome. It is imperative to recognize who and what is short term and long term. This will help you better allocate your energies, control, and focus.

Adam Grant has a great [book](#) and [talks](#) on Give and Take.

Learning to cope within this realm impacts health, productivity and revenue.

Being burned is part of the ballgame, just don't be defined as the burner. Giving time, energy, and effort has a cost, so don't always expect a return.

To the people slamming doors, burning people, pushing people around and cutting throats.....good luck and have fun-----it ends horribly at some point.