



The ABC's of Work and Life

By Katie Mehnert

Here I was in the middle of a midlife career crisis. After years of hard work and jet setting across the globe, you'd think I'd had the greatest life. In a short amount of time I had amassed an enviable career and was blessed with the opportunity of rapid personal and professional growth. It was exhilarating!

But, at times, the whole thing stunk.

The fact is I was worn out. Despite the insane energy I've been bestowed since birth, I found myself tired not just some of the time but all of the time. After my first and only child in 2010, my life had changed. My priorities, my focus and everything around me were transforming quickly. My relationships with people, my job, my husband and my friends all began to shift.

Change is a good thing. It means we are growing. But we all handle change differently.

How do you comfort yourself when you need to adapt to change? For me, comfort is that six-year-old childhood memory of knowing my mother is in the room next door fixing up a nice warm pot of alphabet chicken noodle soup to nurse the schoolyard bullying or illness I had.

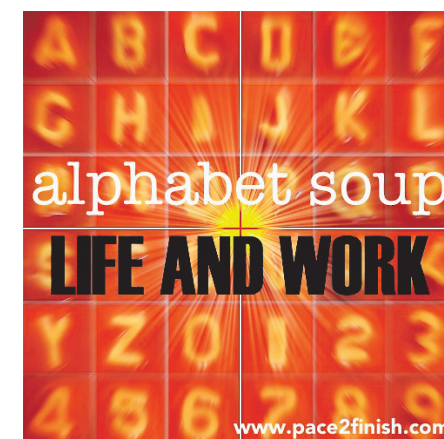
A good hot bowl of anything can be very soothing. For a gal who lives in the Southern part of the United States where it's always hot, even a cup of

soup in the dead heat of July does the trick. Soup always warmed my soul and ignited a renewed sense of creativity and spirit, and it still does today.

But I didn't have my mom or her pot of savory soup, so instead I began to do what I do whenever I need purpose: I began to write. I needed an outlet to be creative, fun, and to let my work and life become something meaningful again.

So, in honor of my need for some comfort, I decided to take each and every letter of the alphabet and write a series called The ABC's of Work and Life. My loyal readers of my leadership blog, www.katiemehnert.com, even joined in on the fun and pretended to guess what I'd write about next.

For next 26 weeks or so, we'll retake that journey together.



I've got 38 years to prove to you that life and work are magnificently messy. Our world is changing every day and will never be the same again. In fact what happened just a moment ago doesn't matter, because it's over. It's time to let it all go. Pull up a chair. Get yourself a spoon and soak up the ABCs of Work and Life.

See you next Saturday where we will tackle my favorite letter, A, for Authenticity.

Katie Mehnert (pictured) is a global talent development and change executive with 17 years of helping people and companies get curious, connect, share, grow and perform better. She has recently been appointed CEO of Pink Petro. Prior to her latest venture, Katie was a Director with BP, joining after the Deepwater Horizon incident and worked in various leadership roles worldwide with Shell. She's a dynamic speaker and a popular leadership author and consultant having been featured in LinkedIn, CEO.com, Business Insider, and Yahoo. As a work-in-progress marathon runner, wife and working mom, you can follow her musings on balancing it all on her blog at www.katiemehnert.com, or email her at katie@katiemehnert.com