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Putting Your Spirit into Workplace Spirituality

Spirituality can connect us with a dimension of life that is greater than ourselves. It can be a daily exercise in finding faith (which may or may not be part of a formal religion) — one in which we are both teachers and students, givers, and receivers—that allows us to live from a place of greater compassion for ourselves and others.

Workplace spirituality is one way to integrate the many aspects of our life. In a modern world, people may think about work, personal and spiritual lives as separate 'boxes', but being present, finding joy, and connecting our purpose comes from how these parts of our lives overlap.

Adding a spiritual dimension to our work can have positive consequences, including:

- Increased job satisfaction
- Individual growth and fulfillment
- Psychological safety
- Enhanced creativity
- Recognition that each individual has an inner life (thoughts, feelings, attitudes, etc.)
- Opportunity for all employees to do meaningful work
- Doing that work in the context of community

How do you remain professional when incorporating spirituality in your work-life? Ideas include:

1. **Connect your work to your value system:** choose a career that focuses on your core beliefs (school leaders often have this in spades!)
2. **Get to know your peers and staff:** The more you learn about your coworkers, the more you will be able to empathize with them (a key leader skill!)
3. **Be mindful:** Be aware of your actions and how they affect those around you.

Find more ideas [here](#).

Workplace spirituality can show up in our behaviors such as:

- Active listening
- Assertively stating one's opinions
- Drawing healthy boundaries
- Showing respect for others
- Responding to conflict and challenges with empathy and compassion.

No matter what your beliefs or values are, it is important to carry them with you both in your personal life and when you're at work. Be true to yourself. When you show up in your work with the right intention every day for weeks, months, and years, you will feel how the growing sense of spirituality will transform you—and your workplace.

[Click here](#) for more ideas on how to invite spirituality into your workplace.

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

Sources

Mind Body Green Mindfulness | [5 Ways To Find A Sense Of Spirituality Without Religion](#)

WeWork Ideas | [Ways to incorporate your spirituality at work](#)

Big Self School | [What Is Workplace Spirituality and How To Cultivate It](#)