

Reaction Paper to Simon Sinek's Ted Talk "How Great Leaders Inspire Action"

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Introduction

As one of the world's great leaders, Simon Sinek has affected individuals. He challenged people to consider how exceptional leaders and organizations may think, act, and communicate in novel ways. He introduces his concept of the "Golden Circle" in his address, which he describes as "a naturally occurring pattern, grounded in the biology of human decision making, that explains why we are inspired by some people, leaders, messages, and organizations over others." "Inspired leaders and inspired organizations, regardless of size or industry, all think, act, and communicate from the inside out," he added. For example, he mentioned Apple, which believes in upsetting the status quo (the why) by creating wonderfully designed items (the how), which just happen to be computers (the what). He also emphasized that the purpose of the business is to conduct business with everyone who not only needs what you have, but also with everyone who believes in what you believe, and that the same holds true for hiring. He also stated that a great leader is someone we follow not because we have to, but because we want to, since leaders begin with what they believe and inspire people around them.

My own encounter moment with what's Simon Sinek indicated in his Ted Talk

After I watched Simon Sinek's Ted Talk, I was inspired to ask myself if I could also dream of becoming a great leader who can inspire people, starting with the question "why" first and moving to "how" and "what" I can do to become different. In his address, Sinek introduces his theory of the "Golden Circle," which he describes as "a naturally occurring pattern, grounded in the biology of human decision making, that explains why we are inspired by some people, leaders, messages, and organizations over others." Looking back, I see that I did not always give enough thought to the "why" of things, preferring instead to passively carry out the various tasks that fell under my purview at each juncture. But if I listen to Simon Sinek's Ted talk, I can learn that it never too late to ask "why" about

anything in my life, past, present, or future and I can become also leaders who can influence to people around of me.

Everyone has a long road ahead of them as they build their careers, but I can shorten that road by considering what is the really my tasks I should achieve, how I might make my dreams a reality, and what those dreams are. In my life, I simply followed my responsibilities at each step, and my parents taught me that I should be able to live my life financially independently. My first major was nursing, and I ended up working in the field; but, if I am being really honest, I selected nursing not because I had a clear image of what my future would hold and how it would fit me, but rather because it is a field that offers opportunities that are appealing to women. After I moved to the United States from South Korea, I began to wonder about my life's purpose and what mission I could fulfill if I had a desire in my heart to help those who were sick with mental health issues. Having to work as a nurse to make ends meet is unavoidable, but reflecting on my motivations for becoming a school nurse has given me renewed enthusiasm for my current role, and I would like nothing more than to make school nursing my career of choice. That's fantastic, since I've really been enjoying my time as a school nurse so far, and I'd love to find a way to make that role permanent.

I also believe that God inspires my mission as a nurse and that I can help people as a nurse for more than simply a wage. I've been considering the possibility of making the transition from nurse to mental health counselor. However, my current question is for my life; what if my calling was to be a nurse if I changed my job to be a counselor? I felt like I should change my career because I am now studying for the master's level in counseling, However, what if I can still maintain my job, as a nurse and add another career, which is that of a mental health counselor, to my life? Even if I have not located a definitive response to any of my inquiries, I will not give up looking for one since I am determined to do so. With my clear vision and ample time management skills, I can also pursue either a profession as a mental health counselor or a nursing career, and I would like to keep my options open.

My future is not something that I am capable of ultimately predicting, but I do want to empower myself as I can have questions with always wondering "why" to my life and my future. Nursing and mental health counseling are type of social professions because they are expected to interact with and involve others. I am still working on improving both my ability to listen and my ability to respond to questions. But much more than that, I should comprehend every single step, beginning with the diagnosis and continuing through to the conclusion of the treatment, as the majority of issues have to be understandable in the big picture. Although each of my careers is distinct, I hope that they will complement one another and help me grow in my professional areas. Therefore, it is likely that I will be able to deviate from the conventional path taken by leaders who specialize in only one field of expertise. As a consequence of this, I will be able to comprehend and motivate the individuals who work with me as well as those who come to me for assistance since I will have allowed myself to be resilient and flexible.

Reflection: Knowing “why” and how this is useful in career counseling setting

The "why" question is critical in career coaching for addressing untapped abilities and talents. According to Brooks (2010), examining your immediate answer for your future is as follows:

It's time to revisit THE QUESTION. You've been wandering for a while now, uncovering and developing your talents, and you've discovered that your major is just one element of your future plans. But even if you've told everyone to stop asking you what you're going to do with it, you're probably still running headlong into the condensed version of THE QUESTION: "What are you going to do?" And that is almost as bad if you don't have an immediate answer. (pp. 105)

When I provide career guidance to someone, I may assess the person's vision, and the future is open to more than the major it had previously. If there is no clear plan for the future, my first step in career counseling is to examine particular personalities and what individuals are attracted to in a given career.

I would like to use Holland's theory in my counseling career because it is the most popular theory in career counseling. I also aim to assist my client with the "why question" to connect each unique personality with each distinct theme of their occupation. According to Holland's hypothesis, each different individual personality type can be matched in the following specific 6 types of vocational group as following:

Holland proposed that personality types can be arranged in a coded system (RIASEC theory) following his modal-person-orientation themes such as R (realistic occupation); I (investigative); A (artistic); S (social); E (enterprising); and C (conventional). In this way, personality types can be arranged according to dominant combinations. (pp. 29)

I also have a question about the "why" of using career theory in vocational psychology, as well as another "why" question about career counseling digging deeper into spiritual areas for postmodern society. Walsh (1995) provided the following brief history of vocational psychology and its transitional role in confronting chaos in this society through healing processes:

How should vocational psychology frame the activity of career counseling?" The goal of and paradigm for career counseling have remained largely unchanged since they were first articulated by Fran Parsons in 1909, Krumboltz and Chan directly interrogate these goals and the paradigm used to achieve them and, in so doing, find the current practice of career counseling wanting. Fortunately, they do not stop at deconstructing current practices. They offer a possible remedy in arguing that the goals of career counseling should be broadened, the scope of career counseling should be extended to include all major life transitions, and transition counselors should focus more attention on helping people who encounter chaos in post society make meaning for their lives, especially through spiritual, religious, and other healing practices. (pp. 10)

The "why" question prompted me to consider and assist my clients in determining what type of personality they have and what type of vocational area would be best suited to them. Furthermore, when vocational psychology moves into the spiritual area with rapid growth and a postmodern society, I should be considered about the spiritual area too. Every career counseling appointment includes a "why" question, which allows me to learn something new that I was previously unaware of. I also think that asking "why" gives my client a fresh start and the chance to realize their dreams.

Discerning God's calling to be, your "why" in life

Asking myself the simple question "why" has helped me grow in my faith and better understand God's intention for my life, which in turn has prompted me to reevaluate my own motives and conduct in light of God's "good work" in the world. The question "why" gives me permission to think and figure things out, at the very least if I am not allowing the question "why" to stop me from finding the meaning and purpose of my existence. I have question what is good work and found the answer that Smith (2015) note the following, for the good work:

One of the deep longings of longings of our lives is for the gift of good work-work that matters, work that makes a difference, work that is means by which we can express ourselves deepest longings, aspirations and convictions. And work is good. The mission of God is not to free us from work, but to redeem us for good work. The goal of life is not less work or no work-a life of leisure-but rather a life lived and engaged in the work to which we are called. (pp. 23)

Smith made me rethink God's calling and what it means by helping me see that the gift of good work is what matters and that it not only liberates us from work but also prepares us to value the good work. Many individuals should be doing their jobs, but they do not always understand the whole meaning of the good work that God has for them. Sometimes, I've reached my breaking point because it feels like I am stuck in a never-ending cycle that doesn't consider my current physical or emotional state. If I do not take the time to correctly interpret what the good work in my life is and understand God's

calling for me, I run the risk of feeling frustrated as time passes because there seems to be no way out of the repeated labor.

I can discover the calling naturally in my profession with the natural talents I have, or I may find a fresh interpretation of the calling even if I am still attempting to determine what exactly his calling is. I may not have a conflict between my two professional careers, nursing and mental health counseling, if I have realized that it is my vocation to assist others in some way, and because of this, I have decided to devote my professional life to the fields of nursing and mental health counseling. What I have come to realize is that I have been called not just to be a follower of Christ but also to spread the gospel to everybody and everyone. So, what can I do for the mission of God? There are various ways for me to contribute to the mission, including through my professional work as well as through anonymous giving and prayer. I'm still learning about God's good work, but I pray that one day I'll be able to identify the dreams and the vision clearly that God specifically sent my way. Studying Mental health has been started from the vision of God for me to heal people. Also, my "why" question for the world started from the premise that human beings are not perfect and people need God. Because any of us can sustain mental or physical harm, health care is necessary. Therefore, I believe that God's desire to help people can also use health care professionals to be able to help those who need help, whether it be difficulties with mental health or problems with physical health. Smith (2015) also contrasted between direct caring for the created and more direct involvement in God's redeeming mission as following:

In Christ, some will be called into direct care for the created, order in roles such as biologists, environmental scientists, gardeners, or landscape designers. Others will be called toward a more direct involvement in the redemptive side of God's work whether it is in religious leadership within a congregation, in evangelism, in the work of social justice, or in agencies that respond to the needs of those at the margins of our society. (pp. 28)

The health care professional is perhaps closest to direct care for the created, but I believe that when I am involved in assisting people, I should have "Jesus" in mind because he demonstrated great love and compassion to the people. "Compassion" is the key that will allow me to move forward, and I want to be like "Jesus" in the sense that he demonstrated love that is not conditional. Tragically, many people in our society have developed mental health issues as a result of dealing with many stress and multiple types of tragedy that they are unable to cope with on their own. I cannot be judged people whether their mental health issues are related in their sins as a Christian, but I do know that this is not what God had in mind when he made humanity and the planet. That is the reason why I want to be a mental health counselor that I can be a part of healing of mental health. I also found that my work can be changed to great vision of God as following:

God is the Redeemer of all things. In similar fashion, we are invited to be coworkers with God in the healing of all things (see 2 Cor 6:1). There is a sense in which all work is a participation in either the creative or the redemptive purposes of God. From this perspective, work is not a curse but an extraordinary privilege. Yes, we do need to speak of the curse when work becomes an oppressive burden when work is nothing but toil or when meaningful and good work is not available to someone. But first, we need to recognize and affirm the possibility of consciously entering into the purposes of God for and in our world. (pp. 23)

I believe that God is a redeemer who has redeemed from all sins that can be changed our work to be his great mission. He also works for us when work becomes an oppressive weight and toil, and God helps in identifying the meaning of good labor and recognizing entering into God's intentions for and in our world. God has been working on people to be healed and released from every load that other people have imposed, and he also works for us when work becomes an oppressive burden and toil. When it is founded on biblical counseling, I also believe that not only does a mental health counselor can provide more direct care of mental health problems in the redemptive side of God's work. I also want to

consider that I occasionally just include religious works and disregard other works that may also be the creations of God. Smith (2015) argues that we tend to think of "religious" acts as the only one's worthy of commendation.

We tend to emphasize only work and "religious" activities as worthy of praise, even establishing them as the framework within which everything else we do must be justified. God is interested in more than productivity and spirituality. God made the whole world, God is redeeming the whole world, and God expects us to cooperate in gardening and reclaiming the whole world. (pp. 52)

All acts of goodwill deserve recognition, regardless of how great or small they may be, whether they involve direct or more direct care. I may not be afraid to define what is good to be in my future and career, whether it is related to God's guidance and care. I may not be frightened to define what is good to be in my future and job, whether it is related to God's guidance and care.

Conclusion

The Ted Talk by Simon Sinek sprang into my consciousness and reminded me that I don't have to be limited by the stereotypes I've built up about myself. Without the intentional mission I have in God, I know I will eventually burn out. My mission is probably to aid individuals who are unwell, whether mentally or physically. It's wonderful to reorganize my ideas about what constitutes truly good work for God, including my vocation's mission. With the "why" questions I encourage my clients to ask, I hope to help them rediscover and capitalize on hidden skills and interests outside of their original field of their education. It is a really good moment for me to reflect on Simon Sinek's Ted Talk because it allows me to also examine "why" in my life and "why" in the lives of my clients, who are able to move in to see unexplored visions that we were unable to see previously.

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