

Get Out of the Office!

By Rika Peterson

Spring is impending and soon rising temperatures will entice office dwellers to ditch fluorescent light for some old-fashioned Vitamin D. There is overwhelming evidence in support of taking regular breaks at work, which not so coincidentally becomes more popular as the weather improves here in South Dakota.

Research shows that in addition to lifting the moods of you and your fellow co-workers, regular daily breaks...

- Keep us from getting bored and thus, unfocused;
- Help us retain information and make connections;
- Help us reevaluate our goals.

I recently attended a hard-hitting, network-expanding, skill-building seminar in Chicago. Upon returning, I felt refreshed and had a renewed sense of urgency to do better, be better, and produce impactful work. But why?

I believe that a concentrated break away from the office to focus on personal and professional development has the potential to produce the same productive results as a 15 minute break in the middle of spring. I recognize that taking time away from the daily grind to improve work may seem counter-productive but posit that the narrower our definition of productivity is, the more we limit the very ideal we are trying to enhance. Below are my takeaways from my time away from the office:

- When you shift your focus from working to learning, your goal becomes engagement with the new content. The tasks of the office are secondary and out of reach. The office landscape will be fresh upon return.
- The solutions we seek in our daily work may not be in front of us. A change in scenery and perspective may allow for new connections to be made and outstanding problems to be solved.
- Working *on* the business is different than working *in* the business. When you are continuously working *in* the business it is easy to lose focus on what you set out to achieve on a global scale. A seminar allows for a person to be mindful of working *on* the business and his/her greater call to work. Inspiration is truly priceless.