Context

What do we mean by context?

Context is the background, the container, the larger space surrounding, and actually in large part, steering your life.

There are several contexts operating at once in any person's life:

1. The natural eco-system in which we are all embedded
2. The socio-economic-cultural-political context
3. Your personal historical context, your roots as it were
4. Your personal family context
5. Your current personal story about your life, formed inside of your family environment and most often not updated for adulthood.

The personal context is the one over which we can have the most influence—and, ironically, is often the least obvious to us. As our clients strive to articulate accomplishments for the future, it is frequently the context that is unbeknownst to them, fueling many of their current breakdowns.

Scarcity is a context. Love is a context. Fear is a context. I will never let you hurt me again is a context.

So, what is the context that you live and breathe? That drives your actions and fuels your current breakdowns? Does your context compel you toward thoughts and emotions and actions that are nourishing, sustainable? Are these emotions and actions supportive of the future toward which you say you are leading yourself and others?

If not, the first step is to distinguish that which has been invisible. Once out in the open, you can shift your story, and invent a context that takes care of your life and your leading.

Leaders invent new contexts; it is often called a paradigm shift. The first one to shift is yours. Then you can lead others into something new with integrity.

ABOUT SEVEN STONES

Seven Stones is a leadership journeys company founded by Gina LaRoche and Jennifer Cohen in 2009. Our learning programs, coaching practice, organizational consulting engagements and groundbreaking thought leadership work are all designed to help bring about a world that is loving, courageous and just. We pursue this vision primarily by shifting the paradigm from one of scarcity to one of Sustainable Abundance® in the individuals, organizations and communities with whom we work.