

BEING HUMAN

The infinite potential of how we work, lead, and live.



*Hi again, I'm
really glad you're
here.*

BY MIRJANA BOZNOVSKA

I felt called to share this special edition because something deeper kept nudging me. This season carries a different kind of energy. Everything seems louder, faster, and more demanding, even when our hearts are longing for the opposite. Whether you celebrate Christmas or not, this time of year invites us to soften, to slow down, and to open our hearts a little more.



This isn't a year-in-review. It's not a productivity piece. And it's not asking for more by year-end.

It's simply an invitation.

To pause. To breathe.

To soften, even briefly.

To reconnect beneath the noise, the expectations, and the hustle.

For this moment, nothing is required of you. You don't need to perform. You don't need to produce. You don't need to carry everything right now.

Just allow yourself to be. Give yourself permission.

IN THIS EDITION

A Personal Poem: Give Yourself Permission

The Connection We're All Longing For at Work and in Life

When the Noise Gets Loud, Remember What's True



Presence over Presents

Being over Doing

Simple Ways to Connect

Being Human in Stillness

A Personal Poem

Mirjana Boznovska

Give Yourself Permission

Give yourself permission to laugh, not because everything is light, but because joy is still allowed. And when you do, you remind others they're allowed too.

Give yourself permission to share, to let what's heavy move through you, instead of carrying it alone. And when you do, fear loosens its grip.

Give yourself permission to be kind, especially when the world feels sharp, especially with yourself. And when you do, walls soften. and barriers dissolve.

Give yourself permission to dream, even if the dream feels fragile or too big, even if the path ahead isn't clear. And when you do, your soul remembers what it longs for.

Give yourself permission to love, not perfectly, just honestly. And when you do, you speak a language every heart understands.

Give yourself permission to shine, unapologetically. And when you do, others feel safe to step into their own light.



Photo Dec 2016

Give yourself permission to stand in your values, especially when the world feels loud or uncertain. And when you do, you steady yourself and steady others too.

Give yourself permission to look inward, with compassion, not judgment. And when you do, you remember the quiet strength that's always been there.

Give yourself permission to forgive yourself for what you didn't know, for what you couldn't give, and for who you were becoming. And when you do, something softens in you, and in how you meet others.

Give yourself permission... And notice how the world looks different when you stop trying to earn your place in it.

*Give yourself permission to **be** yourself. You are already enough.*



I wrote this poem years ago, and yet its truth feels even more needed now. Because so many of us are still waiting for permission to feel, to rest, to soften, to be who we already are.

*Beneath the roles you carry.
Beneath the expectations.
Beneath the pace of life.*

*This is an invitation home.
A reminder that Being Human is not something you earn.*

It's who you are.

Written Dec 2016 - Revisited

The Connection We're All Longing For at Work and in Life



Loneliness doesn't always look like isolation. Often, it looks like contributing as part of a team. Hitting targets. Showing up to meetings. Joining the Friday drinks. Laughing at the right moments. Keeping a full social calendar.

I remember a conversation with a senior leader who was admired, capable, and deeply respected. On paper, everything was working. And then, quietly, they said to me, "*I'm surrounded by people all day... and yet I feel strangely alone.*" Not because they lacked interaction. But because there was very little space to be real.

To admit uncertainty.

To say, this feels heavy.

To take off the armour.



This is the kind of loneliness many people carry not just at work, but through life. Not the absence of people, but the absence of real connection that comes from Being Human.

It lives beneath the KPIs.

Behind the team meetings.

And under the smiles at Friday drinks.



Global research reflects this reality..



Many people report feeling disconnected or unseen at work, even while being busy, capable, and surrounded by others.

Beneath every role is a shared human longing:

to be known without performing,

to belong without pretending,

to feel connected without having to earn it.

If this resonates, you're not alone.

This is why pausing matters. Because real connection with others begins with connection to ourselves. When we drop the mask. When we stop performing. When we remember we were never meant to carry it all alone.



Connection begins within.

In a world that keeps asking us to go faster, choosing to pause is a quiet act of courage. It brings us back to ourselves.

It makes you more human.

When you're connected to yourself, you don't need to perform. You don't need a mask. You don't need to prove your worth. From that place, connection with others becomes natural and authentic. Not forced. Not transactional. Just human. It's how we remember who we are, and we begin to meet each other authentically and fully.

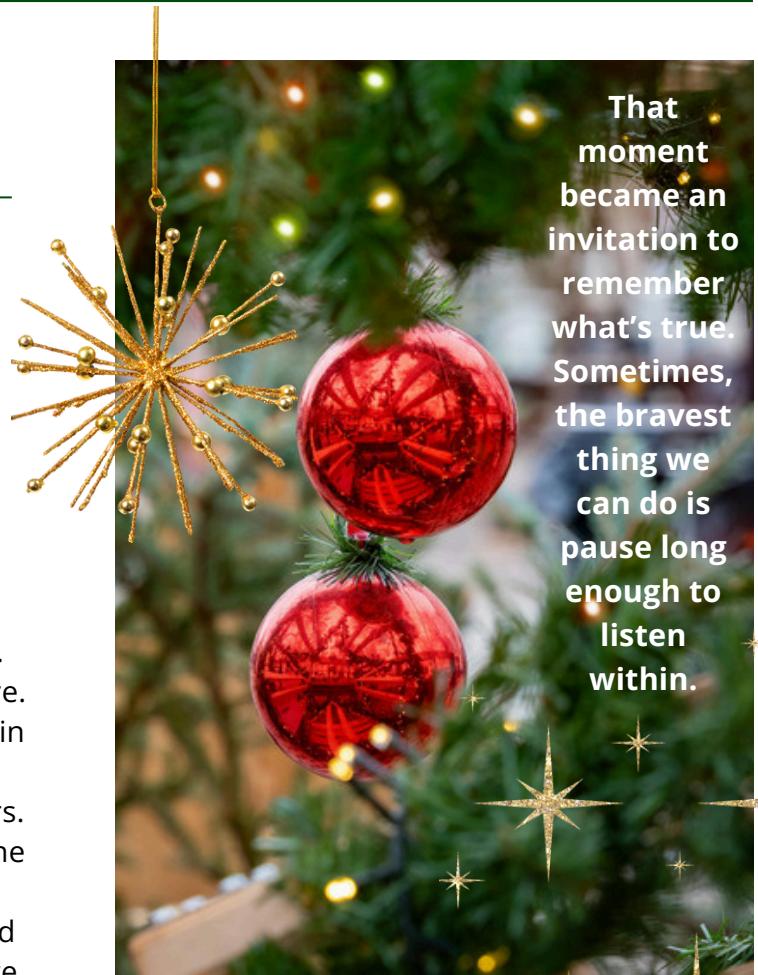


When the Noise Gets Loud, Remember What's True



Why Pausing Matters.

When life gets loud, we forget what's true. That our worth isn't earned through effort, output, or busyness. Many of us were taught to wear busyness like a badge of honour. Full calendars. Back-to-back meetings. Always on. Over time, that pattern becomes culture, and burnout becomes normal. I know this pattern well. There was a time I measured success by how full my schedule was. From the outside, it looked impressive. Then one day, I caught my reflection in the mirror, and I didn't recognise the person looking back. There were tears. Not just from exhaustion, but from the realisation that there was so much more I wanted to be and become, and it had nothing to do with "doing" more.



Redefining the Meaning of Success.

I began redefining what success meant to me. It started with prioritising myself, because when the foundation isn't strong, everything built on top of it isn't strong. I chose alignment over approval. Connection over hustle. Presence over performance. And over time the mask fell away. Who I am at work became the same person I am in life, not as a strategy, but as a way of **being**. As my faith strengthened, so did my courage. Even when fear was present, because it often meant I was standing at the edge of change, growth and something more meaningful and impactful.

I learned to embrace vulnerability, because that's where real connection begins. And to stand firmly in my values, because they anchor me in the noise. That's why pausing matters. It isn't an escape from life. It's a return to it. In a world that asks us to move faster, do more, and hold everything together, something quieter is calling each of us: Presence. Connection. Authenticity. Meaning beyond the next task, KPI, or milestone.

PRESENCE OVER PRESENTS



We're often taught to chase more:

More doing
More organising
More presents
More effort

And yet, beneath all of that, what we most crave isn't more things.

IT'S PRESENCE

To be seen without needing to perform.

To be listened to without being rushed or judged.

To feel someone fully there, not to tick a box.

Presence is the gift that doesn't need wrapping.

And it's the one that lingers long after everything else fades.

BEING OVER DOING

By the end of the year, many of us feel tired, not because we didn't do enough, but because we lost ourselves along the way. If that's you, hear this gently:

This end of year is inviting you back to yourself.

Back to presence.
Back to authenticity.
Back to simply Being Human.



You don't earn rest.
You don't earn worth.
You don't earn belonging.

SPECIAL MESSAGE

You belong, simply for Being Human. It's our greatest equaliser.



With Yourself:

Instead of goals or resolutions, here's a softer offering:

Where could you be a little gentler with yourself right now?

What part of you might need compassion, not judgment?

What would it feel like to meet yourself with kindness as this year closes?

Just let these questions sit with you, gently.



Simple Ways to Connect

With Loved Ones & Family:

- **Be present, not perfect.** Put the phone down. Let *being* together be enough.
- **Ask one question that shows care.** Instead of "How's work?" Try "How are you really these days?"
- **Listen without needing to fix or control.** Choose compassion and understanding over solving.
- **Create moments.** A shared walk, taking a moment to express genuine gratitude.
- **Say what's often left unsaid.** Appreciation. Forgiveness. Love. Allow grace in.

With Your Work Family:

- **See the human, not just the output.** "I appreciate how you showed up this year," not just "Thanks for the results."
- **Make space for reflection.** Individually and as a team. "What's one thing you/we are proud of this year?"
- **Notice who might feel unseen.** A quieter voice. Someone carrying more than they show. "How can I support you right now?"
- **Let go of urgency where you can.** Everything doesn't need to be wrapped up perfectly.
- **Lead with warmth.** Tone, patience, and kindness carry more weight than you realise.



BEING HUMAN IN STILLNESS

cultivating presence

If this time of year feels heavy, you're not alone.
If it feels beautiful, allow yourself to receive it fully.
If it feels mixed, that's human too.
You are not behind.
You are not lacking.
You are exactly where you need to **be**.
Rest is not a reward.
It's a fundamental human need.
In a world that keeps asking us to push, chase goals, and hold it all together,
what many of us need most is something deeper:
authentic presence—with ourselves and with each other.
As this year gently closes, may you meet yourself and others with kindness.
May you ease the pressure you carry.
May you remember that your authentic presence is enough.



66 Until next time, be gentle with yourself and let your humanity lead.

— MIRJANA