



## Pathways

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Our achievement-oriented culture clearly separates work from play. Work is what we get paid for; play is what we do on vacation. Work requires concentration and skill; play is fun but unproductive. What if the opposite were true?

### **What if we could achieve mastery through play?**

Consider people who have achieved excellence in their field, golfer Tiger Woods and master chef Julia Child are two examples. They have each achieved mastery by combining competence with ease and joy - or more succinctly put, play.

*"It does not seem to be true that work necessarily needs to be unpleasant. It may always have to be hard, or at least harder than doing nothing at all. But there is ample evidence that work can be enjoyable, and that indeed, it is often the most enjoyable part of life."* Mihaly Csikszentmihalyi, author of Flow: The Psychology of Optimal Experience

[Here's information about upcoming public events.](#)

Rather than firmly separating work and play, consider play as an attitude and an approach to work. When we view each situation as "playable" we give ourselves and others room to create, learn and grow.

All my best,

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