

What we mean when we say spirituality in the workplace

We all hunger for a connection to something larger than ourselves. For many people that hunger is fed at home, at a place of worship, or through a personal spiritual practice. At the same time, many people wonder whether it's also possible to feed that hunger while they're at work.

At the Centre, when we say spirituality in the workplace, we mean a process of inquiry – one that enriches our intellectual, emotional and spiritual dimensions. We see this inquiry as an open, inclusive, and ongoing conversation that brings people together to explore. The conversation might include questions such as: How can we each bring our spiritual self to work and share it with our colleagues in a way that's respectful and accepting? How can we align our values and beliefs with the demands of our work? How can we use our work to find our meaning or calling in life? How can we nurture empathy and compassion in our workplace? What could we achieve in our work together if we were all connected to our true purpose, our deep spiritual calling?

As this conversation process evolves in workplaces it becomes broader and deeper, and can result in workforces that are aligned with a larger purpose, respect different religious, faith and spiritual practices, and are motivated to achieve meaningful goals.