

## Turning Up

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There is no cookie cutter approach to being in the field. No one way of connecting with the women in the village I stayed where we spoke different languages. No guidelines on what to do when you see a woman being treated badly by her husband. No knowing intuitively how to deal with the complications of you and your NGO leadership team working to different values.

Turning up by being the best I could be in that given moment was it. Sometimes that best was enough, but many times it was not. I would fall or make mistakes; but by following this principle of 'turning up' to guide me, I was open to learning. I have been trying to practice this idea in my daily life since and although it is always evolving, this is what it means for me:

1. **Being present** - listening actively, without judgement and ideas of right and wrong. This helps slow things down to understand what that moment needs. For example in a recent project where I worked in a team of 8, it was equally about me knowing when to step aside to enable growth for others in the team, as well as knowing when to step up, even if it made me feel uncomfortable, such as speaking in public.

2. **The small stuff matters** - especially in times of uncertainty when I am unsure of the direction I am taking (there have been lots of these times) - it feels that we should be doing 'big' things in our life, but it's the things we do in our daily lives that seem insignificant that have helped ground me and give perspective - most recently this was as simple as making sure I had breakfast with my parents every morning.

3. **Holding myself to account** - during Indicorps, two things stuck especially - 'who are you when no-one is watching' and 'this isn't timepass' / simply getting past the application stage and onto the programme isn't enough. I have been trying to bring this integrity into the different roles I've worked in, in the field and even at home - knowing it's not for recognition or a certificate. But simply because it's necessary it happens.

*\*Disclaimer - these are a work in progress, it's definitely not something I have nailed or practice all the time and that's ok.*