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ME AND MY SHADOW – THE IMPORTANCE OF INTERNAL DIALOGUE IN PERSONAL DEVELOPMENT OF MANAGERS

Summary: Both theory practice of the Gestalt therapy are based on the assumption that human beings are responsible for themselves and their lives, experience themselves consciously and actively change their environment. These rules enable them to be authentic and sensitive, what stays in contrast to the very notion of the "world of business", associated with the jungle in which it is the strongest who wins. How to be strong?

Key words: Therapy, emotion, awariness, selfawariness dialogue, psychice higine

*„It is machines that produce, it is people who create.”
 Paulo May*

Both theory practice of the Gestalt therapy are based on the assumption that human beings are responsible for themselves and their lives, experience themselves consciously and actively change their environment. The principal notions of this philosophy are: "Me and You" and "Here and Now".

Me and You

If I stay in contact with myself, meaning that I am aware of my feelings and emotions, sensual experiences and signals from my body, I will be able to establish contact with You (another person, environment). Self-awareness will help me meet You in a dialogue, while remembering own conditions, prejudices, stereotypes, opinions, judgements, defence mechanisms.

Here and Now

The past is gone, the future has not come yet, however I can use my time here and now: plan certain steps leading to certain achievements, make some necessary changes, look at myself and my contacts with the environment.

Within here and now I have the chance to finish unfinished sentences and experiences (the miracle of accomplishments) because I know that otherwise they will constantly demand my attention and so I will not be able to fully experience the present.

Human beings naturally aim at keeping emotional balance (they cry when sad, seek for stimuli when bored, clench their teeth when angry), facilitated by staying in contact with themselves, meaning for example knowing own needs and demands and noticing new elements in their environment.

These rules enable them to be authentic and sensitive, what stays in contrast to the very notion of the "world of business", associated with the jungle in which it is the strongest who wins. However, who is the strongest?

The strongest are those who see what there is, remain in true contact with themselves and behave adequately to a given situation.

These people are aware of the fact that dialogue is the most important thing. "I want something and so do you". If these two things that we want differ, we may negotiate to find a common solution (we will change and so will our relationship).

If you want to take responsibility for your development and recognise defence mechanisms that have let you survive some time ago but are now anachronisms causing void in your professional and personal life, take a look at the situations below and decide what you are going to do with your life.

In order to picture the above considerations, we suggest analysing the stories below.



Figure 1. Chased by a shadow

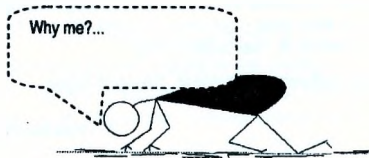


Figure 2. Burdened by a shadow

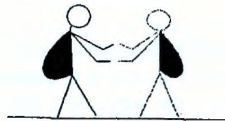


Figure 3. Confronting a shadow

You frequently feel overworked; you have no time due to the constant struggle to have, to meet the others' expectations or to equal other people.

You probably run away from yourself and become a "holic" of some kind: workaholic, alcoholic, sexoholic, in the search for constant stimulation. During the race you do not feel that your own shadow chases you (Figure 1). You may well live this way but some day (it is a 100% chance) you will feel exhausted as if your shadow burdened you (Figure 2) and thinking that your life is senseless and your relationships with the others - unsatisfactory.

It is the right moment for reflection – the first in your life. Maybe you will still live your life so far and maybe you will verify your views, priorities, values, relationships and you will meet what you are running away from (Figure 3). Maybe you will decide to stop, take a long look at your shadow, make friends with it and trust it as it surely has something important to tell you.

In the sac of the shadow chasing you there are your fears, lack of security, unfulfilled desires (for example of unconditional love), lack of acceptance, respect, low self-esteem, etc.

If you do not make friends with your shadow on your own, external circumstances will surely make you stop and think (losing someone dear, accident, illness).

Paradoxically, development is not only constant run forward but also stopping and thinking on the contents of the sac.

If you are lucky, the circumstances of stopping will be more comfortable (resulting from for example this paper, a smart book or meeting a spiritual leader, a therapist).

You may also lay under the sac and think *"Why is this happening to me?"*, while your body will be sick and sending signals that it does not agree with your style of living without rest.

It is not by accident that for many people, illness of some kind has been a turning point in their personal development.

Maybe this is the time to take responsibility for your life. Maybe you will decide to create and shape your life by working on your self-esteem, establishing the *Me – You* relationship, real existence and living *Here and Now*.

One way to acquire that ability is to work out constant readiness to face different challenges, to take risk and accept the possibility that you may make mistakes.

One should always live one's life consciously, use past experiences and imagination. Below there are some tasks and explanations leading to conscious life.

Dialogue with myself – application method

To live consciously is to:

1. Know that the human mind is a great tool which, when used well, helps create the life that we want and dream about. Think positively, work affirmatively, write down your aims every day, concentrate, relax.
2. Enjoy every moment, knowing that the past is gone, the future is not here yet and the present is all you have. Stop worrying about past events and possible future ones. Be present here and now. Think: "I am here now. I am not in a hurry and what I am doing now (e.g. breathing) is the most important for me".
3. Live consciously and pay attention to your feelings, moods, impulses, attitudes. Change the rituals that lead to disappointment, dissatisfaction and depression. Believe that the change is possible and depends only on you.
4. Understand (what is going on) and aim at better quality of life. Remember that what you concentrate on grows up. Focus on the bright sides and ask for more.
5. Be ready to revise old assumptions. List your feelings on yourself, other people, life, love.
6. Notice and correct your mistakes. The only way to learn something is to make mistakes. Mistakes are important for us. Call your mistakes lessons. Draw conclusions.
7. Search for and acquire new knowledge. Be interested in your inner self. Sign a contract saying that you will do it. Consciousness resulting from your work will enable you to live fully and in harmony with yourself. Thanks to that consciousness you may discover how to be very happy, safe and healthy.

Let us see the healthy style of life on the example of a triangle of health, whose crucial, energy-giving elements are the following:

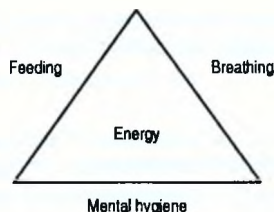


Figure 4. Triangle of health

The energy you feel is conditioned by your care for your body, psyche and spirit.

Pay attention to what, how and with whom you eat. Traditionally, eating is closely co-related with giving love, care and interest. According to *ars amandi* principles, certain food products are aphrodisiacs.

Do you celebrate and taste or do you swallow in a hurry? What are your needs in this sphere?

How do you meet these demands? How does your body respond?

Watch your breathing. Breaths of a stressed and scared person are shallow and fast.

"A person who does not breathe deeply, does not move freely, does not feel fully and has poor auto-expression limits the life of his or her body" (Lowen, Introduction to Bioenergetics. Energy, Body Language, Therapy, p. 3).

As far as your psychical hygiene is concerned, the crucial thing is how you perceive your life. Can you see the bright side of a difficult situation? Are you a pessimist or an optimist? Consider how good feelings give you a boost of energy while the bad ones take it away from you.

Take a look at the quality and quantity of your relationships with the environment. Their number and depth (readiness to help, to contact, to forgive) will be decisive for your well-being.

The life of a manager, constant speed and need of flexibility result in them feeling and acting like machines.

Have you ever thought what happens with a used or broken machine?

On the other hand, being the subject of own life necessitates being sensitive to bodily signals, emotions, reflection on the sense of life, it means constant development and is a powerful source of manager's strength.

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THE ORGANIZATION OF SOCIAL PROTECTION SYSTEMS IN EUROPEAN UNION, GERMANY EXAMPLE

Summary: The system of social protection is the very important element of state budget with regard to the high level of expenses of its function. A lot of different systems of social protection exist in European Union countries. That was the reason for coordination system establishment necessity. The paper presents the principles of co-ordination of system social protection with special regard to Germany example.