

CAN YOU FIND YOUR THIRD SPACE?

Making the space in between count

*“They say there are two types of people in life, those who light up a room when they walk in and those who light up a room when they walk out.”
Which do you want to be?*

Dr Adam Fraser is a thought leader in human performance and discovered a common thread after interviewing hundreds of successful people. Those who were able to flourish in life and transition from one role they play to another, did so because they’d mastered the ‘Third Space’ – the space in between.

What is the Third Space?

“The ‘First Space’ is what you’re doing now. The ‘Second Space’ is what you’re about to do and the ‘Third Space’ is the gap in the middle,” explains Adam. Different environments require different things from each of us. At work, you probably need to be task-driven and efficient, but at home you need to be connected and relaxed – and that’s why, when you find your Third Space, you can transition between those two parts of your life.

How do I use the Third Space?

The Third Space isn’t physical, and it doesn’t require you to do yoga or meditate for an hour either, “The Third Space is simply a technique that allows us to compartmentalise. A mindfulness and self-awareness method that helps us to decompress in a matter of minutes.”

The three steps below describe the process of harnessing your “Third Space”. They can be done on your journey from work to home, or between activities, giving you a moment to re centre and shift from one role to another, so that you bring your best self to what ever the situation requires.

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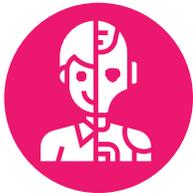
Reflect

As you move away from your day, meeting or activity, take a moment to reflect on how it went. Make sense of it in the most positive, optimistic way possible by asking. ‘What went well? What difference did I make for myself or others? What did I achieve? How was I better? What am I proud of? When we look at what we achieved, how we grew and the difference we made, we tend to feel more optimistic and lift our mood. You could choose to write this down or just do a quick run through in your mind.



Rest

Use this stage to calm your mind and recompose so you don’t move onto the next task with racing thoughts. Depending on time, take a few deep breaths, do a crossword puzzle on the bus on the way home from work, or go for a quick walk around the block to clear your head.



Reset

Align your mindset with what is about to happen in whatever you’re going into next. Think about how you want to show up when you walk through the door to your next encounter. What’s your intention? How might you need to behave in order for that intention to “land”? Do you need to soften a little? Do you want to show up with compassion and presence or do you need to be seen as credible and in control?

When you walk through the door, how will you affect others? When you get home at the end of the day what kind of energy do you bring?