



INTUITION:  
The  
SuperPower  
You Need  
at  
Work

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# How Can Intuition Help Me at Work?

The women in our group (myself included) were ecstatic that the company was hiring a female into our branch's all-male executive team, in an old-school industry not known for gender (or any other) diversity.

On paper she had the perfect background our previous leadership lacked. She was confident and had a bright smile she flashed frequently as she spoke.

When I met privately with her for the first time, she was highly complimentary of my background. She smoothed over the awkwardness of first-time meetings with easy banter and tried to connect on a personal and professional level.

*Yet, as we sat and talked,  
an uneasy feeling poked at me....*

In contrast to her upbeat smile and energetic dialogue, I felt a heaviness that cloaked her and settled over the room.

I tried listening  
and answering questions coherently,  
fighting a feeling  
that something was desperately off.

As her first meetings with the staff unfolded, we compared notes. I listened to one person after another enthuse over her, remaining neutral. Only at home could I share my misgivings privately with my husband.

Months wore on.

My uneasiness grew to deep misgivings and, eventually, full blown distrust.

Despite poking at the edges, I could find no one else who saw red flags; this did nothing to diminish my gnawing concerns.



# How Can Intuition Help Me at Work?

Around the time it was whispered she was putting false paper trails in place to get rid of people who did not openly embrace and fawn over her—little more than a year into her role— she had, without explanation, seemingly vanished.

Her door remained open but her desk appeared untouched.

She missed important meetings.

No one could reach her.

Shortly thereafter, a memo was passed around stating she was out on leave.

Was she sick? Injured?

Rumors swirled around the office, but nothing could be confirmed.

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Weeks later a second memo from our Branch Manager was released.

It had little information beyond a brief statement that informed everyone she was leaving the company as she had

"decided  
to  
pursue  
other  
opportunities."

The question  
is not:

"Do you have  
the gift  
of intuition?"

The question  
is:

"Do you listen?"

# How Can Intuition Help Me at Work?

Anyone in Corporate America longer than 10 minutes understands the euphemism for being escorted out of the building permanently--and without notice.

Her office door was locked, but eventually someone showed up with a few boxes, silently packed everything up, and whisked them away.

The door was left ajar, empty but for a single styrofoam cup on the windowsill, traces of her signature coral lipstick still visible on its side.

I feel lucky this happened  
somewhat early in my career.

Since that experience,  
I never again doubted my ability  
to get an accurate  
intuitive sense of someone,  
irrespective of whether it was shared by  
anyone else or not.

And I'll never be  
talked out of that knowing again  
least of all by myself.

The same should be true of you.

Pay attention when those danger signals go off in your brain  
about someone at work.

There is usually  
a very good reason  
to listen

This is an ability you will develop and improve over time.

Your greatest obstacle to  
mastering this gift  
lies not in ability,  
but in belief.

# It's Not Your Fault

Because you have had your intuition

**invalidated**

throughout your entire life, starting with school, up to and including where you are now in the workplace,

you have learned

not to trust one of your greatest strengths,

if not, dare I say,  
a virtual superpower.

The good news is you don't need to read this document to determine whether or not you have the power of intuition.

**You do.**

The better news is,  
in reading it,  
you may find  
the one thing you need  
to unleash it:

**validation**

# Is It Better or Worse To Believe You Don't Have An Ability?

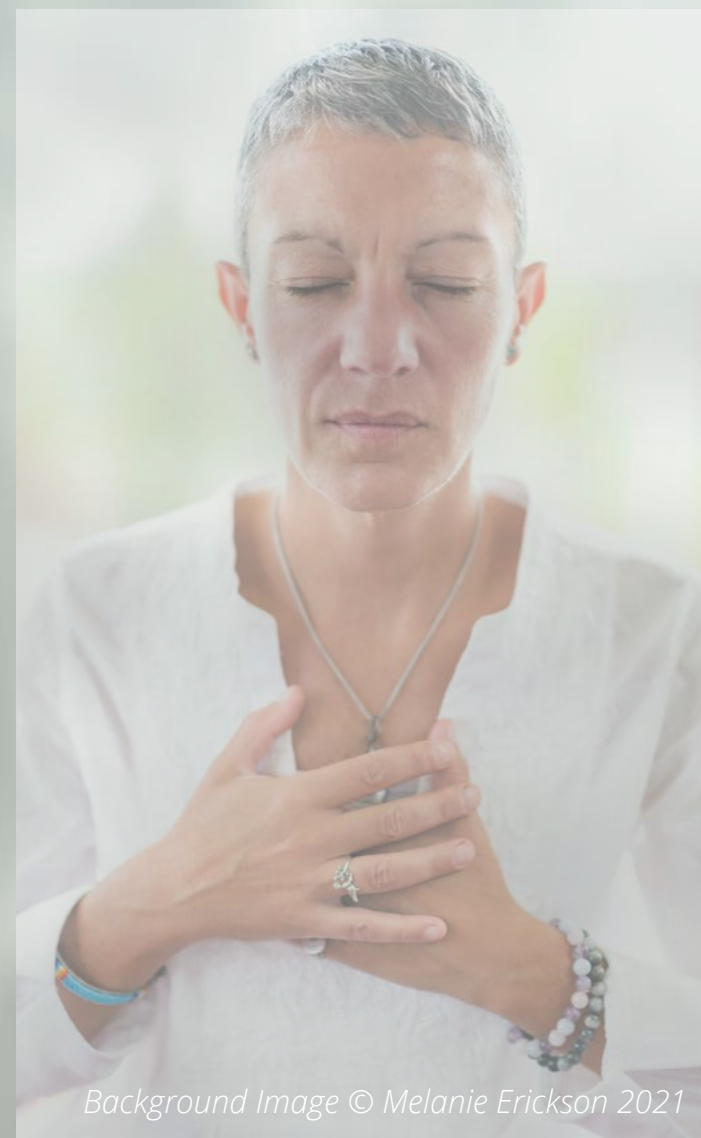
When I mentioned a year or two ago that I was writing a workshop for teach women on how to develop and use their intuition at work,

my husband startled me  
by saying,

“I don't have any intuition.  
I guess men just don't.”

Is it worse to be told you never had an ability to do something and be surprised later in life to learn that's not true...

Or to have  
an ability or gift you recognize,  
but you've been  
told all your life  
is  
unreliable,  
not real,  
and  
not to be trusted?



# I Believe It's the Latter...

Having an ability constantly and consistently discounted results in lost confidence in what we had otherwise sensed to be true; in turn,

we learn not to trust

our own

feelings,

wisdom,

and

power.



This unrelenting  
denigration of inner knowing,  
strength  
and power  
is far worse  
than never believing you had a capability--

because it is a constant drip  
from a slow faucet of doubt  
that wears away at our  
belief in self.



# Is "Women's Intuition" REAL?



Do women  
have  
the power of intuition

—a “sixth sense” if you will—

that men don’t possess?

If so, why is this?

If not, why do so many of us

—women and men alike—

believe this?

Let’s take a closer look.

# Is "Women's Intuition" REAL

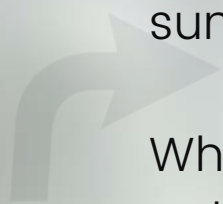
I asked women in a recent intuition workshop how many, at some point in their career, had been told by their manager not to mention their "hunch" or "intuition" or "feeling" about something again, but to come back only with data and facts.

Virtually every  
hand in the room went up.



One of our superpowers is our ability to sense things we cannot otherwise explain.

It is a knowing we can't back up with data or facts, but it is as true for us as if we were describing a blue sky on a sunny day.



When we listen to it, we look back and marvel at how it saved us in one way or another.

And when we suffer a disaster  
in our  
personal or professional lives,  
we can usually  
draw a straight line back  
to the

"moment in which we knew better"

because of an innate sense  
that warned us to  
do something different...

and we deliberately chose to ignore it.

While the term "women's intuition" is something we've probably all heard at one time or another, both men and women possess the ability to use their intuition to navigate the world.

# Is "Women's Intuition" REAL

That women seem to demonstrate a greater ability to use or rely on a "sixth sense" when making decisions may have as much to do with brain structure as a mysterious other-worldly power.



Women's brains are generally wired side-to-side with lots of cross-hemisphere connections, whereas men's brains are generally wired front to back.

Women also have  
almost **4X**  
the amount of space in the brain  
devoted to language  
and communication  
as men.

# Is "Women's Intuition" REAL

For these reasons, researchers conclude women are better at attention, word memory, social cognition, verbal abilities, and multi-tasking than men.(1)



Another more pointed conclusion drawn by University of Pennsylvania is that

women's brains better facilitate  
"communication  
between  
the analytical  
and  
intuition."(2)

# Is "Women's Intuition" REAL

The implications suggest women are much more adept at picking up on social cues and nuances that men may miss, and are able to draw richer conclusions about someone or a situation.

They are also able to do so much more quickly than men.

While women may more easily get a “read” on a situation or person, it doesn’t mean men can’t learn.

They may just need to train themselves to tune in a little more consciously.



Regardless of gender, because of the amount of data our brains take in, the ability to draw a conclusion about someone or something happens faster than the brain’s ability to consciously note, respond to, or clearly formulate why a situation or person might be perceived a certain way.

We are able to “know” something but not explain how we know it.

Moreover, it is likely accurate, despite our inability to explain why.

# Not All WOO-WOO

Malcolm Gladwell brought intuition mainstream by demystifying it in his book “Blink.”

In this bestseller, he discussed a relatively unknown phenomena called ‘thin slicing.’

## Thin slicing —also called ‘rapid cognition’—

refers to the brain’s ability  
to take in  
enormous amounts of information  
and make a decision  
about someone or something  
very quickly.

Depending on the circumstances,  
this could happen within a few minutes  
or as quickly as a few seconds.



Learning to recognize and trust this ability is crucial  
when it "feels right" for many reasons,  
including survival.

# Not All WOO-WOO

A police detective named Gavin DeBecker wrote a book and made the rounds on talk shows popular in the 1990's imploring women to listen to their intuition.

In interviewing hundreds of crime victims throughout his career he said he never once

**—not once—**

interviewed a woman who at some point in the interview did not make a comment along the lines:

“I had a bad feeling but didn't listen.”



CRIME SCENE DO NOT CROSS

Sadly this was often further explained with,

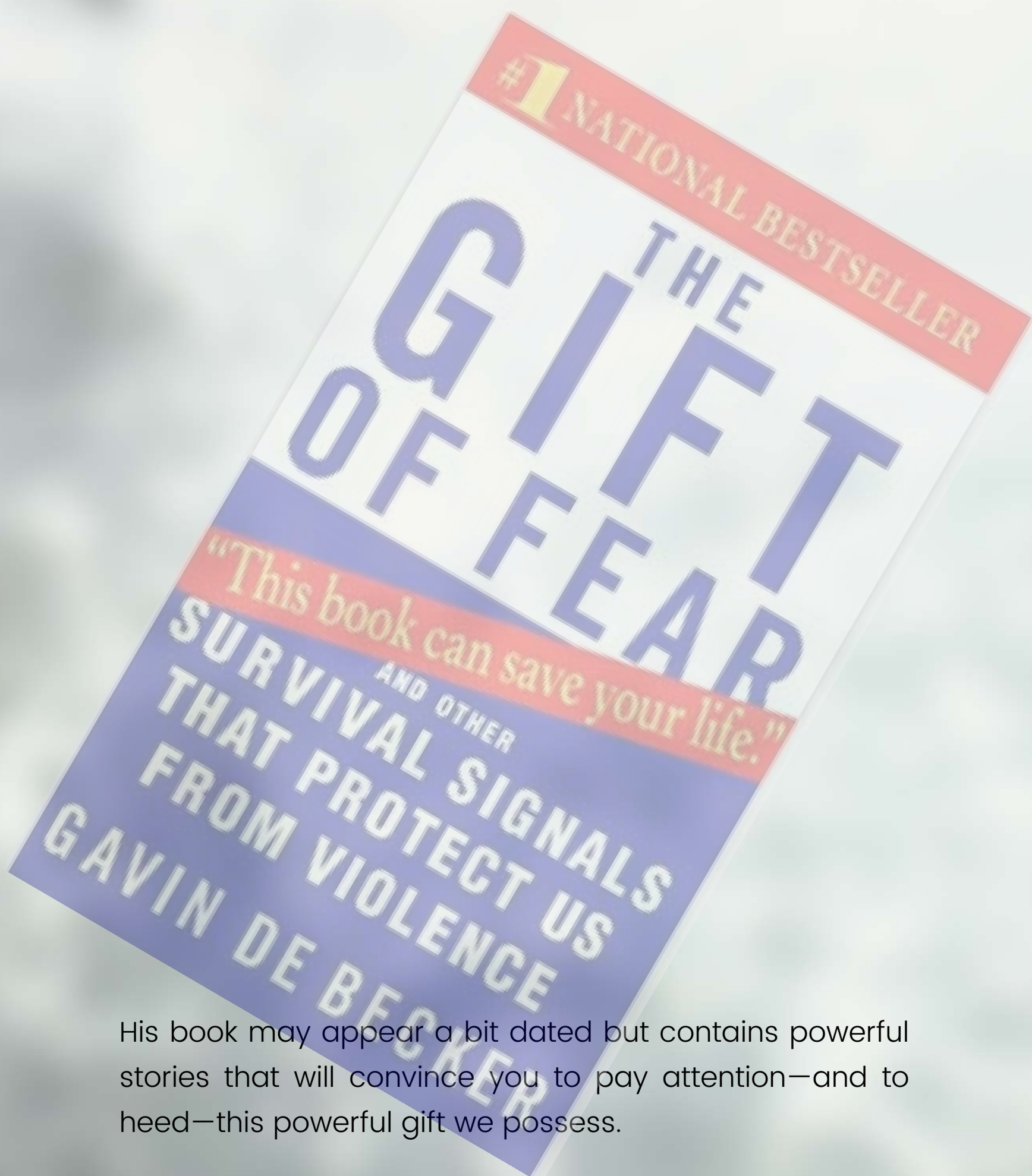
“I didn't want to appear rude,”

or

“I didn't want to hurt his feelings.”

# Not All WOO-WOO

In his book, “The Gift of Fear,” DeBecker points to social conditioning (especially for women) that instills in us the imperative to “be nice,” often at the expense of our own intuition imploring us to do the opposite.



His book may appear a bit dated but contains powerful stories that will convince you to pay attention—and to heed—this powerful gift we possess.

His message is stark: Listen to your intuition even if you fear being seen as impolite or rude.

It may one day literally  
save your life.



# WOO-WOO-ish

This is not to say intuition doesn't veer into the mysterious realm of psychic phenomena.



As a Reiki Master I am  
always up for a good bit of  
the  
“woo woo” factor ...

...and routinely wear either bumblebee or ladybug jewelry to remind me of two stunning intuitive experiences I had during Reiki sessions I conducted.

But the interesting truth is that  
in the last 20 years or so,  
intuition as solely an otherworldly form  
of psychic ability  
has revealed itself,  
at least in part,  
to be something  
now proven to originate  
from several  
tangible,  
scientifically-verifiable sources  
that confirm  
—and partially explain—  
its existence.

# WOO-WOO-ish

In addition to the brain's astounding capacity to draw conclusions nearly instantaneously from millions of bits of data, we now know that there is another system at play in our bodies called the enteric system.(3) (4)



You know the term “gut feeling”? You’ve probably experienced it yourself when meeting someone new, or if you’ve ever walked into a room and had a funny feeling in the pit of your stomach because you sensed something was “off.”

Turns out that description of a  
“gut feeling”  
was pretty spot-on.

# WOO-WOO-ish

Scientists have confirmed the existence of thinking cells in our gut that don't just signal hunger and satiety, but are linked to stress, even depression. (5)



In our exploration of intuition, this means when you get an unsettling “gut feeling” about someone or a situation, your body may have already picked up warning clues that signaled the release of stress hormones in your system, even though your brain hasn't yet processed the information.

This physical bodily reaction is further affirmation that what you sense about something is real, despite the fact you are unable to articulate why.

So how do we tune into and use these abilities more often and where can we use them in the workplace?

**Here are three ways:**

# Tapping/Amplifying Our Intuition

Your overarching approach to developing your intuition is to first (and often) remind yourself that this capability is real and valid, irrespective of your ability to back it up with rationale, or how anyone else treats this capability.

Read that sentence again because

**it's not fluff**

It's crucial to understand at a deep level.

You've been directly or indirectly talked out of what you "know" throughout your life.

It is vital that your immediate next step in bringing this ability forward is to spend time learning and documenting how your own unique intuitive sense operates.

Lastly, once you grasp the kernel of its truth with you, you must consciously and consistently work at strengthening it.

In discrete steps, it looks like this:

# Tapping/Amplifying Our Intuition

## #1

## **BELIEVE IT**

This sounds like a throwaway comment,  
but it's actually crucial  
to amping up  
your  
intuitive abilities.

Your intuition is speaking to you  
**ALL. THE. TIME.**

If you don't believe you have any intuitive  
abilities, you are ignoring signs  
and signals that prove otherwise and it will take  
diligent, conscious effort to  
resurrect and strengthen this neglected ability.

So first, and crucially so,  
realize  
that  
**your intuition is there,**  
  
as strong as ever  
  
and it is speaking to you  
every day.

# Tapping/Amplifying Our Intuition

## #2

# STRENGTHEN IT

We like to think that intuition is "gifted" to some and not to others because that's how it works in the movies.

That's not how it works  
in real life.

The reality is your intuition has been speaking to you for a long time.

You  
just haven't been  
paying attention.

I suspect that sometimes  
you've actually paid attention...

...then deliberately  
decided

to ignore it.

It's time to listen.

# Tapping/Amplifying Our Intuition

It's not hard, but you do need to work at it.



Just like working out your body after years of inactivity, it will require consistent application to rebuild your intuitive muscle.

Start with keeping a small notebook.

(A) Make private notes whenever you get a “funny feeling” or a sense about something or someone.

(B) Jot down the circumstance and what you’ve sensed about it. Were you alone? If someone was with you, did they sense something was off? Etc.

(C) Date it.

Be sure to update your list with "hits" and "misses." This is how you will begin to distinguish intuition from your own internal mind chatter.

(D) Pay attention to how your intuition comes to you.

Do you hear something?

Do you get a sensation somewhere in your body?

Does a strong "knowing" come over you?

Note these as well. You will eventually use these recognizable sensations as validation of an intuitive hit.

# Tapping/Amplifying Our Intuition

## #3

### **ALLOW IT**

Give your body a chance to decompress from the busyness of your day.

This is hard to do but it  
has more to do with habit  
than need.

And it's crucial to developing your intuition that you make a conscious--and consistent--effort to do this.

Your intuitive hits will never be heard if you live in the constant drone of all the "must-do's" and "need this now's" of our frenetic lives.

Hit the  
pause button  
throughout your day.

Step away and take 3 to 5 slow, deep breaths, following each with deliberately slow exhales.

Focus  
on the  
sensation of breathing

As you do this, or repeat an affirmation, or single word, that keeps your mind centered on the moment at hand.



# Applying At Work

The working world thrives on data and logic.

You aren't going  
to change that

So what you need to do instead is work the system.

Continue to build your intuitive superpower and learn to lean on it to guide you and help you make good business decisions.

Then spend whatever time is needed to research the logic and facts that support your position.

Use that research with data and facts when presenting an idea or recommendation at work to support it.

These are the only things that are going to be accepted and trusted when deciding to move forward with your recommendation or not.

**Work the system.**

# Applying At Work

How you arrived at this conclusion initially is something you may want to keep to yourself, or share at a later time, after the project is completed and someone says,

“That was brilliant--how did you ever figure out that was the path to take?”

Remember, it's okay to use your intuition at work.

Your intuition can help you navigate the working world and improve your own work within it.

Talk about the outcomes you discover or create as a result of your intuitive insights based on logic or data you've researched to back it up.

The working world relies upon and pays attention to data and logic.

Speak that language if you want to be heard.

# Summarizing Key Steps

We've covered a lot of ground, so let's recap the highlights.

(1) Write down any intuitive “hits” you get about a situation, a decision, a place, or a person.

(2) Note the circumstances.

(3) Date it.

(4) Note the sensations you get—both internal and external when you feel you are getting an intuitive hit.

Remember to update your original “hit” if more information comes to light.

Refer back to this often. You will be surprised as patterns emerge.

This becomes your reinforcement  
—your proof—  
that you can trust your intuition, and serves  
as evidence of its reliability.

# Summarizing Key Steps

Remember your intuition is speaking to you all the time.

Like getting stronger, running faster, or playing a musical instrument, your intuition improves in direct proportion to the time devoted to practicing it.

And like warming up before a training session, help prepare your mind to be open. Take time to be still on a consistent basis. 5 minutes of stillness a day is better than 2 hours of meditation every Saturday.

Never let anyone again talk you out of your marvelous gift. The more you use it and learn to recognize it, the stronger it will become.

Use your intuition at work for ideas and decision making. Find data to support what you intuitively sensed. Discuss your ideas and decisions framed in business language, supported by factual findings.

And finally, don't make it easy for people to take shots at you. Be judicious in what you share with others. No one need ever know how you actually arrived at your amazing insights.

Good luck and drop me a line when you amaze yourself with your first real intuitive hit.

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# Footnotes

(1) Psychology Today, (Online) “Male and Female Brains: Are they wired differently?” (April 25, 2019)

(2) Penn Medicine News, (Online) “Brain Connectivity Study Reveals Striking Differences Between Men and Women” (December 02, 2013)

(3) William and Mary Online News, “It’s Not All in Your Head — It’s in Your Gut, Too.” (June 9, 2015)

(4) Scientific American, (Online) “Gut Feelings—the “Second Brain” in Our Gastrointestinal Systems” (Excerpt, May 1, 2015)

(5) Nature Reviews Neuroscience, “Gut Feelings: The Emerging Biology of Gut–Brain Communication” (July 13, 2011)