

# WORKING WORLD

## Finding Spirituality In The Workplace

(NAPSA)—For millions of Americans, spirituality is more than a part-time interest, it's a full-time commitment and something they carry with them always—even to work.

A recent national survey found the majority of respondents believe workplaces would benefit from having a greater sense of spirituality. The statistic could be an indication of many adults' tendency to use spirituality to get through their everyday lives.

The same survey, which was run by spirituality.com, found that 52 percent of adults have daily "personal spiritual practices." Of those, 95 percent believe their spiritual practice helps them face and deal with challenges in their work.

A "Spirituality @ Work" online conference, covering such topics as Workplace Issues, Ethics, Unemployment and Balance/Purpose and featuring perspectives from a variety of experts, authors and business leaders was recently hosted by [www.spirituality.com](http://www.spirituality.com). The site offers information about spirituality in the workplace—in addition to other topics—as a means for individuals to share and receive insight into ways to build a spiritual practice that supports work life.

"Over the past few years we've seen more and more people looking for an open, safe and supportive community to gain inspiration with practical benefits," said Christine Raymond, general manager and executive director of spirituality.com.



**A recent survey found 61 percent of Americans want a greater sense of spirituality in the workplace.**

A number of workplaces nationwide have implemented ways to bring a sense of spirituality into their work environments. Whether it's turning a conference room into a "meditation room," starting an office volunteer program or offering sabbaticals and personal coaching services, such efforts have brought relief to numerous employees.

"So many people wrestle with difficult work situations on a daily basis," says Cheryl Peppers, Ph.D., author of *Bringing Your Soul To Work: An Everyday Practice*. "And there are many easy, yet significant ways to maintain your sense of spirituality at the workplace, such as viewing difficulty as an opportunity to cultivate wisdom, or approaching others non-defensively, with openness."

For more information visit [www.spirituality.com](http://www.spirituality.com).