

True Experts

TRUE JOY

BY CHRISSY SIDERS



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PRESIDENT/CEO

TRUE Community Credit Union presents Chrissy Siders as one of our True Experts. Siders is our President/CEO and has been in this position for 5 years. Siders has been with the credit union since 1998 and continues to grow and strengthen the organization throughout the state of Michigan.



I'm burnt out. I'm exhausted. I don't feel like myself. I dread the work week ahead. Everyone seems so agitated. I have NO JOY at work.

These words are spoken regularly in the workplace today, and to some understandably so. We have experienced a season of sustained stress, sadness, survival, uncertainty, and isolation over the past two years. If joy is the expressive emotion of delight that comes from a sense of well-being or satisfaction; it can be hard to identify where it has been the past couple of years.

That's the truth.

Here is the hope.

Joy in the workplace is attainable even during difficult times, because we are resilient and it is vital to our well-being, and we can choose it!

Creating a joyful workplace is more than battling the challenges of stress, exhaustion, burn-out, and the current social and political environment. It involves an intentional approach to valuing human resources and aligning gifts, skills, and abilities of employees as they collectively embody the purpose, mission, vision, and values of an organization.

We prioritize TRUE JOY at TRUE Community Credit Union. Here is our recipe:

- We take it beyond the individual. Joy is a family thing for us! We cultivate joy by strengthening our bonds with each other through kindness, friendship, and support.
- We have candid conversations with our team regarding alignment, growth, and values.
- We remind ourselves of our "why"; to inspire the pursuit of a life well lived.
- We celebrate our successes and our failures.
- We honor legacy defining moments in our team and our members.

- We appreciate the little things, such as the youth member who makes their first 25 cent deposit.
- We don't seek perfection, we just bring our best.
- We value gratitude and express our thankfulness for each other.
- We seek the best in each day.
- We bring our whole selves to work; the good, the bad, and the ugly.
- We have lots of fun!
- We CHOOSE JOY!

You'll notice I didn't say we choose TRUE happiness, we choose TRUE JOY. What's the difference, you ask? Happiness is fleeting, it is momentary. Joy is deeper. It is a state of mind and heart. Joy is untouched by circumstance. It does not simply happen to you, you must choose it every day and in every situation. Joy is the healthiest response to life.

My challenge to you and the TRUE Team is to seek joy in your life. In everything you choose to do in your life, find joy. In the mundane, find joy. In the excitement, find joy. In the sorrow, find joy. In the laughter, find joy. In the stress, find joy. In the rejuvenation, find joy. In the worry, find joy. In the calm, find joy. In the failure, find joy. In the accomplishment, find joy. In the difficult co-worker, find joy. In the best buddy at work, find joy. In the mean boss, find joy. In the strong leader, find joy. In the challenges, find joy. In the ease, find joy. In loss, find joy. In life, FIND JOY!

It has been said that joy is what happens to us when we allow ourselves to recognize how good things really are. Joy is a decision – a really brave one – about how you are going to respond to life. What will your response be?



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