

Life at Nuance, Professional development

# At the end of the day...acceptance leads to more joy

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Is there something you cannot change but are still struggling through? Is it a work situation? A family situation? Can a change of mindset prompt a surprising result?

*"God grant me the serenity to accept the things I cannot change; Courage to change the things I can; And the wisdom to know the difference."* Reinhold Niebuhr

I recently experienced a once-in-a-lifetime family vacation. We planned it months ago and have been looking forward to it ever since. It was our first time in French Polynesia. Given the beauty of the islands, our plans involved a lot of outside activity. The first day it rained all day. I woke-up on the second day to more pouring rain and admittedly was disappointed. We met another couple that was vacationing and experiencing their tenth day of pouring rain.

Rather than be disappointed, I decided quickly to accept these circumstances and go play in the rain. After this shift in my mindset, we had the most fantastic day. And at the end of the day, the rain prompted the most beautiful sunset I've ever seen.

It's such a simple life lesson but applies to so many areas of life. Going forward, I will seek to get to a mindset of acceptance much more quickly as the resulting serenity leads to more joy.

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Acceptance leads to more joy.

*At the End of the Day... is an expression meaning an assessment of essential facts and truths. It's a summation of the pros and cons of any situation and a straightforward statement of what really matters. It's also the title of this blog series by [Brenda Hodge](#), Nuance Healthcare's Chief Marketing Officer, with insights about leadership, empathetic customer relationships, and marketing techniques.*

**Tags:** [Leadership principles](#)



### **About Brenda Hodge**

Brenda leads all aspects of Nuance's marketing function working to develop the go-to-market approach, building the Nuance brand to drive growth, and expanding client relationships to increase loyalty. She joined Nuance from Optum where she most recently served as Chief Marketing Officer for the Provider Market segment. Brenda's career spans multinational sales and marketing leadership roles at companies such as GloStream, Allscripts/Misys Healthcare Systems, and SAS Institute.

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