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CAREER COACH

Question: My organization is going through a lot of change. People are being laid off; I have expanded roles and fewer resources. I am stressed. Help!

Answer: Change is awkward. We can only handle so much at once. It is natural to feel alone and that we are giving things up. Here are some tips:

1. Focus on what is in your control. Take action on the things that you can impact. Let the rest go.

2. What might you gain? Instead of focusing on what you will lose, think about what opportunities are available.

3. Stay present. Focus on what is in front of you. Take things one step at a time. Focusing too far out will overwhelm you and create additional stress.

Remember, we grow when we change.



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