

## Riding the Wave of Change

Downsizing, job loss, changes in roles and responsibilities, transfers – these are changes that occur frequently in the workplace. Sometimes there is little warning, and these changes are often beyond your control.

Uncertainty about your future, and about your source of income, can be stressful and exhausting. However, there are ways in which you can take charge even when the decisions are out of your hands.

Start by objectively assessing your situation. What are your current assets? Do you have money saved to support yourself while searching for another job? What are your skills and abilities? What experience have you gained in your current position that may open doors to new opportunities?

Next, write down all your fears and concerns about the possible changes you are facing. Take a look at the list and ask yourself how much of what you're afraid of is likely to happen. What would you do if it did? Come up with some back-up strategies for dealing with the worst-case scenario.

Now focus on the benefits that this change may bring into your life (yes, there are some!) What opportunities does it offer that you wouldn't have had otherwise?

Finally, consider all your options. This may be a good time to seek another position, take on part-time work, register for a course or take some training in a new field. What do you want to do in order to move your career forward? Make a choice and then write down some steps you can take in that direction.

You are in charge of your future, so commit to taking one step today!



### Six Steps to Making Change Work for You

1. *Make a list of your assets*
2. *Write down your fears and concerns*
3. *Devise a back-up plan*
4. *Look at the benefits the change offers*
5. *Consider your options and make a choice*
6. *Take one action to move in the direction you want to go*

Take another step by booking a coaching session at [www.juliewiseconsulting.com](http://www.juliewiseconsulting.com)

**Awaken Your Potential!**  
**Julie Wise ~ Life Consultant and Relationship Coach**  
[www.juliewiseconsulting.com](http://www.juliewiseconsulting.com)