

WORKPLACE WISDOM:

How to get the most out of your job!



BY JENNIFER ATKINS

All of us at some time or another have experienced inertia in the workplace – that feeling of boredom, lack of fulfilment and excitement, and general malaise about your day to day job role.

Are you thinking: “Why do I feel like this? I used to love my job?”

If so, you are not alone, however, it is time to reassess this career conundrum. The first thing to do is ask yourself these questions:

1. What is really bothering me here? Is it what you are actually doing that has lost its lustre or is it the people you are working with? Maybe your boss or manager is causing you grief?
2. How do I want to spend my days? Does what I am doing now fit in any way with this?
3. What is the purpose of my job right now? Are you just doing it for the money and want to move on to something else in life? Is this a major stepping stone in your career? Have you reached your career goal only to find it's not what you thought it would be?

When you have established some clarity about where you are at, you are then in the best position to make a decision on the right way to move forward. Let's look at some different scenarios.

Scenario: I really detest what I am doing and dread going to work every day. What should I do?

Possible solution: Change jobs now! Life is too short to be miserable. No job is worth being unhappy for, so move on.

Scenario: I love my job but dislike the people I work with. Should I stay or go?

Possible solution: This is a difficult one as quite often it is the people you work with who can really make or break it. Only you can decide if you can put up with the annoying girl who never seems to do her share of the workload or the guy that continually makes wise cracks at your expense. Ask yourself how this makes you feel each day and if it is something you can shrug off or not.

Scenario: My manager is a complete idiot and is constantly giving me a hard time. Help!

Possible solution: Some people were never meant to manage others, but unfortunately they are put in this position. Firstly, you need to establish exactly what the problem is. Is it a personality issue? Is there a conflict with what is expected of you and your job description? When you are clear on this you can either change the way you are looking at it by changing your attitude towards your manager or you can approach him or her and discuss the issues you have. However, remember to only state the facts and speak from how you are feeling and not in an accusing way, as this will only make him or her defensive. For example, “I am feeling quite overwhelmed by my workload, so would it be possible to discuss with you some solutions to this problem?” instead of “you are making me feel really overworked and you do not understand how much I have to do. It's not fair to give me all these tasks to do.”

Scenario: Is it ok to feel unhappy about my career that I have worked so hard for and finally reached the position I have always wanted?

Possible solution: What you are feeling is what you are feeling. Pay attention to this. If you fit into this scenario, chances are you may have chosen your career to appease others. Maybe it was what your parents wanted you to do or perhaps you did it to impress your peer group or to fit into society's expectations? Whatever the reason, it doesn't matter, what matters is what you now do about it. It is never too late to

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change careers. Life is about experiencing as much as you can and being happy and fulfilled, so don't waste your precious time on this earth doing something that makes you miserable.

Remember the road to true happiness and success has many tempting couches to sit on – are you too comfortable? ☹

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