Transforming above the line

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Change can be overwhelming for everyone and our individual capacity for change varies based on what we have going on both at work and at home. When we feel overwhelmed, it’s easy to slip “below the line” and, in frustration, spend time complaining about the situation. In order to bring yourself back up above the line and avoid feeling stressed, focusing on finding a solution to the problem is often the best coping strategy. It’s important to remember that when we voice our concerns, we are one step closer to identifying the root problem and what needs to change. Try researching the issue online, talking to your manager and brainstorm with your peers, as they may have a similar experience as well as ideas for improvement.

This edition of the newsletter will discuss this concept at a high-level and includes a video on what do when we feel overwhelmed.

- Scott Milligan
Understanding our strategy
Stephen Liptrap provides an overview of our strategy including the five pillars:
1. Core businesses
2. U.S. expansion
3. New technology
4. Collaborate across lines of business
5. Transform

Facing challenges
Scott Milligan discusses the challenges associated with our transformation and what we can do when we feel overwhelmed at work.

Inspirational insights
When we see something we don’t like or find areas of improvement, it is valuable to discuss them with your teams in an open and honest conversation. While doing this, it is important to think about the following things in order to solve the problems:
1. Specify exactly what needs improvement.
2. Determine what you would like to happen instead.
3. Brainstorm some solutions with colleagues, friends or family.
4. Let go of the problems you cannot solve.

Source:
https://www.shape.com/blogs/cross-talk/solution-all-your-complaints