

How to cope with the “Back to School Blues” at work?

Well it's that time of year when our holidays are over and it's time to knuckle down and deliver some work before Xmas! So, how do you “shift gears” and get some traction to your career? Michelle Lucas our resident Executive Coach offers 6 key questions which will help get you off to a flying start

- **When did you last review your career goals?** Typically we only do this when looking for our next opportunity. However organisations constantly re-invent themselves and often this changes your job too. So take stock of your aspirations and ensure that what you are doing is moving you towards them.
- **Are you utilising your skills fully?** Currently, job security can seem more important than personal development. But if you don't use all of the skills in your “tool box” eventually you will lose them. Ironically, with recent job cuts or recruitment freezes you may be able to provide additional value to your organisation than when the market is buoyant! So explore with you manager how to use your skill set more fully.
- **How can you keep ahead in your market?** A recession can breed negative thinking – but one day it will end! So think about how the market will shift when there is an upturn.... What will be needed? How can you ensure you are ready and able when the good times return.
- **Are you leveraging your relationships?** In a downturn it may feel like there are fewer reasons to talk to your contacts, yet it's a critical time to keep in touch. Refreshing your network will help you hear about changes in the market, people's future business plans and can be a great route to new opportunities.
- **Are you getting the support you need?** Whether you are happy in your role or “chomping at the bit” for new challenges – it's rare that you will perform at your best without some development. Budgets are tight, so working with a mentor or shadowing a more experienced person is often a sensible and cost-effective solution.
- **Are you “feeding” all of you?** We all have different priorities in life – for some our career is part of our identity, for others work it's simply a means of paying our bills. However, whilst planning our personal life can feel quite alien – I notice that my most fulfilled clients are those who actively work on feeding their “soul” as well as their bank balance

Going “back to school” can trigger feelings of dread or excitement. Choosing to make the time to reflect and plan can give you focus, help you shed your lethargy and ensure that you don't just “turn up” for work but that you “shine out” amongst your peers.

What gear are you in? Take our quiz on the website www.coachU4success.co.uk and find out! Or call Michelle for a free consultation on 07717 122 950

Focusing you for success !

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