

Wish I was there!

You open the curtains, the sun shines on your face – it's going to be a wonderful day... there's only one large fly in the ointment – you have to go to work :o(

Many of us spend the summer months counting down the days until we can jet off on our holidays. Colleagues return from leave with stories of sun and laughter making our “to do” lists look less than appealing and it's tempting to day dream or to bunk off for the day. However, employers are getting wise to this and will be monitoring patterns of staff sick days. If you return from a day off with sunburn, any illness will not seem very credible!

If you are keen to progress your career or simply concerned to keep your job – the ability to keep focused when other people aren't is an opportunity to stand out from the crowd. So here are some simple tips offered by Michelle Lucas, Career Coach of greenfields to help you make the summer months more worthwhile.

If your working environment is genuinely uncomfortable, then raise it with your Manager or the Facilities Manager. Some organisations will have a Staff Association where staff and managers work together to find solutions - or if not, why not see if one could be set up?!

If there really isn't much that you can do to change the environment then help yourself as much as possible by wearing lighter clothes, drinking more water and by taking your breaks outside. Fresh air not only feels great, but the break gives your brain time to rejuvenate and you will come back with a renewed perspective on your day.

Most people find that time passes more quickly when they are busy. So rather than complaining about having to work, rise to the challenge! Mix the jobs you've been putting off with the jobs you like and watch your productivity soar. Inevitably there will be times when you catch yourself drifting off– however remember the more effective you are during the day, the easier it will be to leave on time and you can enjoy the evening knowing that you've done a great job.

The Autumn is often a time when companies make changes. Senior Managers return from their holidays re-charged, full of new ideas and eager to implement them. If there are opportunities for advancement and you've spent the summer as a bit of a slouch – will you be the pick of the bunch?

So whilst post cards of far flung places tempt us to “wish I was there” think twice, as you may just be missing what's happening right under your nose!

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