“Adapting, Succeeding and Thriving in the Workplace”

Professional Staff Enrichment Program
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“Helping people work together...better!”
Adapting, Succeeding and Thriving in the Workplace

Are You Change Ready? Seven Strategies for Thriving on Change
--Respond “yes” or “no” to each item below:

___ 1. I have a “big picture” vision for my life

___ 2. I view change as an opportunity for growth

___ 3. I am able to identify both the positive and negative in any situation

___ 4. I have an understanding of current events and issues

___ 5. I have a network of friends and colleagues whom I can count on for support

___ 6. I have a good sense of humor

___ 7. I have strong communication skills

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Strategies for coping with workplace situations beyond your control

The Three P’s for Staying Positive
Ask Yourself:

1. Am I taking it ________________?

2. Is this situation really ________________?

3. How important is this in the big ________________?

Counteract Negatives with Positives
– Use “Resiliency Resources” to Bounce Back from Disappointment

Ask the W.I.I.F.M. Question

Get a life!

“Take care to get what you like or you will be forced to like what you get.”
-George Bernard Shaw

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Five Ways to Rekindle Passion for Your Career

1.
2.
3.
4.
5.

Action Plan

What 3 ideas from today’s workshop will you use to adapt, succeed and thrive?

1.
2.
3.

“You may not think you can reach it. Climb anyway.
You may not think you’ll be heard. Speak anyway.
You may not think you can change things. Try anyway.”

-Maya Angelou

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