

Adventure or Dread?

Over the past 5 weeks, I have been presenting full-day workshops, mini videoconference workshops, and hosting webinars. I have covered a range of topics from building strategic partnerships to decision-making, success and engagement, creating your career portfolio and emotional intelligence. A group of executive assistants and I were talking about self-management vs. stress management. While the group and I discussed what things create stress for us at work, this group enlightened me that they are trying to stay abreast of daily changes in their organization. One executive assistant defined their workplace as "frantic." Her leaders run around in a frantic mode and she feels frantic. She explained that things are moving so fast they just can't ever get ahead of the game. Are you feeling the same way? We are feeling a little of that at Office Dynamics because we are expanding our services and educational products. Business appears to be picking up across the country and even if not, organizations are working hard to stir up new business.

After we discussed our workplace stresses, we focused on strategies. I have several that I shared with the participants and then they shared ideas. There was one idea I heard that I really liked. The attendee said that as she is heading to work she asks herself, "What adventure am I walking into today?" She said that sets her mind in a different, better direction that allows her to take hold of her day instead of her day seizing her.

When we go on an adventure, there are things we need to take with us. As you travel through your week maybe you can make sure these are in your suitcase:

- Sense of humor
- The ability to stop, breathe, and re-prioritize
- Be solution-oriented
- Vigilance
- Determination
- Fortitude
- Clarity of mind
- Creative communication
- Organizational skills
- Open to new experiences and ideas
- Encourage others to travel with you; it's more fun!

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