

THE EXTRA POINT

BY JERRY ROBERTS



1222 Letting Go of Old Ways at Work — Part 2

More today on the importance of keeping our mind open to new ways of working. I'm Jerry Roberts, and that's next, on The Extra Point.

Yesterday, we talked about the reluctance on the part of workers to seek and/or accept new ways of doing things. How, after a certain number of years, habits have set in and we're likely not going to give them up — at least not without a struggle.

The three primary reasons for this are that we've been productive doing things our way; our work style is comfortable; and third, there is a fear of the unknown.

You can find the transcript for this, #1221, at guamtraining.com.

Today, let's focus on four key points in why we should be open to change in the way we work.

1. Change is growth. All of our lives we've been adapting to change and we've seen a lot of it. That change may not always have been welcome or pleasant, but we've handled it.

To some people, change is also about control. In life, we often give up control to someone else, whether that be our employer, government, or maybe family. What can we hang onto? How about the way we do things, that style?

New ways, if we don't fight tooth and nail against them, will inevitably bring fresh insights. That tells us we're capable of taking on a new challenge, and capable of growth.

2. What if we can't let go? Some people have an extremely difficult time in shedding the old for the new. On one hand, they know resisting is futile and that change is inevitable, yet they still hit the brakes on it.

Whether out of fear or they are in that comfort zone, this can be an issue that prevents them

from being advanced to a new position; or, at the very least, sets them on a collision course with their boss who has to see that changes are implemented.

Perhaps the biggest danger of gluing oneself in a certain place is that we become insulated from opportunities to grow and expand our skills and knowledge. That growth is a gift we give ourselves, a positive stroke that tells us we're still in the game — still a player.

3. If you're having trouble with this, talk to your boss. Some people find that being open about this can be beneficial. A manager who is understanding can work with you to help you adapt. That might mean going slow at first, gaining confidence, then adding more to establish momentum.

4. The benefits of adapting to change cannot be ignored. Once we shift our mindset and go with changes, some switches get flipped inside of us. The new knowledge, plus confidence as we get in step with it, flips the creative switch. Not only do we make the change, we then find ways to bring our personal style into the mix. The change ends up looking a little different on us than it does on the next person.

The new confidence and creativity then flips the switch labeled enjoyment. We've adapted, we've grown, and found ways to make change fit our personality. We're okay. To be honest, everybody's journey doesn't go like this. Be open, work at it, and yours can.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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