



# The 5 Lifeline Secrets to Thrive and Overcome Career Crisis



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## THE 5 LIFELINE SECRETS TO THRIVE AND OVERCOME CAREER CRISIS

Have you ever thought, “If only I could thrive in my career?” If so, this might be the most important report you read all year. Here’s why...

### HAVE YOU EVER SAID ANY OF THESE THINGS?

- I don’t know where to find effective management strategies, resources, or solutions for navigating this situation I am facing in my career...
- I do not want to be replaced, laid off, or worried I will be, furloughed, fail, crumble in the face of this crisis or get fired.
- I don’t want to miss fulfilling my unique purpose or calling.
- I feel powerless, frustrated, and unmotivated and it is affecting my morale and work quality. I’m suppressing, rather than acknowledging, any feelings taking a toll on my energy level, even if that feeling is boredom.
- I’m feeling crunched for time, burnt out , which is impacting the quality of my deliverables. I am fearful that my ideas will be met with repercussions.
- I went to college for this?

If you can relate to any of that, then this special report is going to be life-changing for you.

## WHAT YOU'RE GOING TO GET...

In this report you are going to discover the top 5 lifeline ways to manage your career crisis fast! Before I unpack the specifics, I want you to consider for a moment, the results of doing nothing. Ignoring a problem, doesn't make it go away. It makes the problem worse! How bad could it get? Well, if you ignore this crisis in your career, these are the long-term results you are very likely to get:

- A flatlined career and loss of reputation with no opportunity for promotion.
- Feeling stuck, confused, and frustrated because you don't know what to do next.
- Feeling depressed and lacking the energy to break out or move forward.
- A loss of your job, your lifestyle and financial resources.
- Emotional and financial bankruptcy.



## WHY SHOULD YOU LISTEN TO ME?



The secret to thriving, and not just surviving during the time of a career crisis is the effectively managing your situation or circumstances daily. Circumstances may impact your career externally or internally. Most of us do not think about the impact until a crisis happens.

I found myself in career crisis during the time my brother became ill, and I was needed to step into this real-life family situation to take responsibility for my brother's three children.

I was in a sales consulting position where everything was riding on growing the numbers while maintaining great customer satisfaction. I truly disliked the mounting pressures, and I wanted to make a career change to something that brought me fulfillment. I had to soul search and redefine what I believed about myself and what I wanted to accomplish in my career.

The result was a tremendously empowering process, and in this article I will share 5 of the best insights I learned in seeking to find empowerment as an entrepreneur, consultant, and writer.

What is the right action to take in the midst of a career crisis? Do I leave this job and go tend to my family needs, or do I keep working under the stress and pressure that this situation is creating in my life? Trying to do both just was not working. When a crisis hits, it will reveal often what we are doing right, and what we are doing that is not right for us.

Now let us look at the top 5 ways to effectively manage techniques using wisdom, restraint, discipline and strength enough to forge ahead in faith, saving, conserving, and protecting your resources with a sense of freedom knowing that life is designed for you to be successful. If you apply these specifics, you will soon rise above the circumstances and overcome your crises..





# LIFELINE SOLUTION # 1

**Challenge your perspective.** Before you make any significant conclusions about what you are experiencing. Start by challenging any assumptions you may be making and consider if there's valid evidence to back up your perspective. Success in life is a result of decisions we make. Everyone becomes what they decide to be.

When I met Edith, she was overwhelmed, constantly overworking, and staying late on the job. She felt anxiety and pressure to perform because she did not have the degree for the position she was in, worked for a younger manager, and felt she needed to constantly prove herself. She also felt this was the only job she was qualified to do and was rehired several times for the same position.

I connected with Edith on a Strategy Session Call where I meet 1-on-1 with other women who felt overwhelmed on the job to help them gain career focus and clarity and identify their #1 goals to pursue work life balance in a career growth opportunity and map out a 3-step action plan to help them transform mindsets for obtaining career transitions that lead to better paying jobs, negotiating competitive salaries, gaining the confidence needed.

Edith almost did not reach out to me because she felt she embarrassed. In talking to Edith, I discovered that her top constraint was embarrassment for what she considered to be a poor work life and career choices and not measuring up to expectations others in her family who held more prestigious careers in the medical field. I prescribed a specific course of action to challenge her perspective. Edith implemented the plan and gained the initiative, persistence, and resilience to press forward to pursue her dream career. Now Edith feels equipped willing to invest the time for retraining for recertification and because she finally has received her credentials.



## LIFELINE SOLUTION # 2

### **Initiate a conversation/Don't assume your boss's intent.**

Sometimes the best way is to have a direct conversation with those in a position to support your next career move. Shying away from difficult conversations may, on the surface, appear to be the easy option, but by avoiding the conversation, you miss the opportunity to deepen and strengthen your relationships with your boss, and others.

Having that resilience in keeping your self-confidence up, will always serve you well. I think that's probably the best career advice to give to any young person—or any person at any point in their life: to always keep that optimism and self-confidence.

Closed mouths do not get fed! Rather than sit back and wait for your boss to initiate interactions, be proactive. For example, set up regular meetings with them, email status updates to make them aware of your work, and when appropriate, ditch the email and pick up the phone and call them. In every interaction, be present, timely, focused, actively involved, and ask good questions to show you're engaged.

It is easy to infer harmful intent about why your boss may be acting this way when, in fact, it may have nothing to do with you. It could be that their workload has increased, or they're facing immense pressures from their boss and are struggling to cope. Maybe they have limited time and want to get done with things quickly. Or maybe they're dealing with a personal crisis.

Before you assume the worst, give them the benefit of the doubt, and ask yourself:

- Has my boss recently been given a big project when they already have too much to manage?
- Are they working extremely long hours because their workload is unsustainable?
- Do they have a new boss who may be challenging to work with?
- Are they short on resources and shouldering too much responsibility?
- Could there be challenges they might be facing at home?

It's worth checking to see if others on the team are feeling the same way. Approach a colleague you trust, and ask, "Have you noticed anything different about [boss's name] lately? They seem a little disengaged." You may find that you're not the only one feeling this way.



If you feel that your boss's workload is a factor (maybe they're always available on Slack or sending emails late into the night), one of the best things you can do is approach your boss and ask them if there is more you can do to help them. They'll appreciate you checking in.

## Flip the lens.

Once you abandon the assumptions you hold about your boss's behavior, flip the lens and consider how you would interpret their behavior if you assumed they were doing their best. "The assumption of positive intent

is only sustainable when people ask themselves this question: What boundaries need to be in place for me to be in my integrity and generous with my assumptions about the intentions, words, and actions of others," write Dr. Brené Brown in her book *Dare to Lead*.

For example, maybe your boss didn't deliberately ignore your idea, but the way you pitched it wasn't as effective or clear as the way your colleague did. In your next one-on-one, bring it up and ask. You could say: "I want to get better at how I present my ideas during meetings. What would you suggest I do to get better at it? Is there something you'd like me to do differently?"

Taking this approach doesn't mean you excuse behavior that can be categorized as bullying or intimidating. However, it does help provide the opportunity for you to look at your boss's actions and consider alternative explanations for them.

## LIFELINE SOLUTION # 3

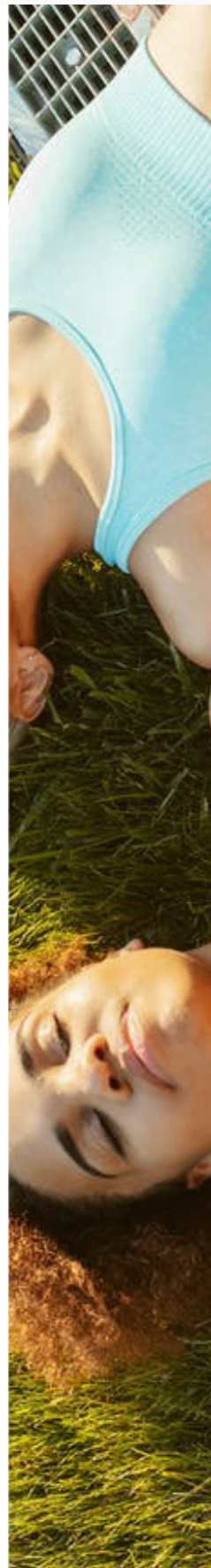
**Work on mending the relationships.** Continue to look for opportunities to demonstrate your value and make yourself visible. Know yourself and your intentions. Try to genuinely relate. As you work through this, it is crucial to not ruminate about your relationship with your boss, or gossip and moan to colleagues about it. It will only hurt you in the long run. Workplace ostracism — a situation wherein you are excluded, dismissed, sidelined, or ignored is commonplace, with most employees experiencing it at some stage in their career. Be sincere about your reactions.

In examining the vast amounts of research on the topic, I found that workplace ostracism can lead to anger, depression, anxiety, and emotional exhaustion among those who experience it.

Further research shows that being treated with respect is more important to most employees than recognition, appreciation, receiving feedback, and even learning and development opportunities. In a global study, respected employees reported:

- 56% better health and well-being
- 72 times more trust and safety
- 89% more enjoyment and job satisfaction
- 92% greater focus and prioritization

Clearly, being respected, as opposed to ignored, has a long-term impact on us and our careers. So, what do you do if you feel like your boss is avoiding you and sidelining your ideas — especially if the shift is sudden? I had to remember, I was there to lead, not to be loved by everybody. As much as I wanted, I could not make people like me.



## **Initiate a conversation.**

There are times when the best approach is the direct approach. Email messages, for example, are prone to misinterpretation because you can't see the other person, pick on their social cues, or hear their tone. It's always better to have sensitive conversations in person (or on a video call). So hold to your values and integrity and proactively talk to your boss about their behavior towards you.

## **Gather courage.**

Stepping into a conversation with someone who you report to takes courage. Your boss has positional power. This is the decision-making power and authority they derive from where they sit in the organizational hierarchy. You will want to draw on your inner reserves of strength to have this conversation.

When you don't speak up, the power imbalance in the relationship — which already exists because of their authority — gets further out of balance. When power is more equally distributed such that everyone feels comfortable to speak up and share ideas, it is easier to challenge assumptions, act collaboratively, and make more informed and considered decisions.

## LIFELINE SOLUTION #4

Deal with the “substance” of work; the most common but least written about problems and opportunities in managing our careers. You may not experience some things until you are in the driver’s seat.

Our ability to navigate our career crisis is not based on sound management principles and success alone. One learns as much during an act or instance of failing or proving unsuccessful, as you will get to know yourself better, learn from your mistakes, and will teach you many important lessons about other people. Fight back from failure that tends to make you feel demoralized, helpless, hopeless, and anxious with creativity, motivation, and tenacity! Truth is, the only time you fail, is when you don’t even try.



## LIFELINE SOLUTION #5

Continuous learning advantage Never stop learning. At the core, both upskilling and reskilling rely on a desire to continuously learn, new information. Becoming present, in the now puts us back in reality or Learnability.

Everyday things are certainly changing and therefore it's best that you are constantly upskilling which builds your confidence and self-esteem. You cannot redo your past, but you can change your beliefs, it's the doorway to freedom.

If you want to experience breakthrough, and become passion-driven in the moment, while knowing you are changing and experiencing career course pivoting, follow these five steps. If you want to get these results even faster, I invite you to book a free 1-on-1 "Lifeline Career Strategy" Session with me.

On this fast-paced call, our antidote to the pain of a failed goal is to step back and we'll look at your background, experiences and current situation, and ask yourself whether you defined the desired outcome too narrowly, and whether you tried to control the uncontrollable. We'll see what's possible for you in terms of next step career strategies in the next 6 months to one year. We'll examine what you're doing now and find out what's working and what's not. We will identify the #1 thing holding you back from having the thriving career that you want to have and map out a plan to get you where you want to go faster, by applying creativity for creating a work life rhythm that supports your desired way of working.

You will leave the call feeling clear, confident, and excited about taking your career to the next level. You will be able to weather any crisis, even if some of the resources disappear. You will have a salary interruption account to tide you over in case you lose or experience a transition in your job.





**To schedule your free  
“Lifeline Career Strategy”  
Session with me, click  
the button below.**

**SCHEDULE NOW**