

GOSSIP MADAM



FIND DIRECTION AMID UNCERTAINTY AND CHANGE



There's no denying that we're in a period of extreme disruption. Between a pandemic, boiling outrage over inequalities, and sky-high unemployment rates, uncertainty is our new normal and it's affecting all of us.

Without a sense of direction and purpose, our physical and mental health, workplace effectiveness, and relationships can all suffer.

As such, we need to find a way to create our *own* direction, even when we don't know what's to come.

As we managed to retain our job, the questions center on how we can continue to provide services - whatever form they may take - and find a sense of workplace belonging in a changed world.

So, how can we move forward when so much is

unknown, on both a micro and macro level?

Regardless of whether we know the precise contours of our work and home lives, we can focus on our aspirations of work that will outlast us and have an impact beyond ourselves.



We can center on what we DO know we want to create through our work, such as:

1. The lasting impact we want to have on our customers/patients/clients, co-workers and/or direct reports
2. How we want to contribute toward or further our company's or organization's mission
3. Something we want to create as an individual during our lifetime that transcends our roles and affiliations
4. The ways we want to take action against injustices rather than

just observe and lament about them.

If we can find our sense of direction when everything around us is up in the air, imagine how powerful and impactful we'll be in work and life when things eventually firm up.

Cullied from Forbes, how to find direction amid uncertainty and change

Have a Beautiful Week Ahead.

Send your feedback to <mailto:adenike.olusanya@merciport.com>

