

During times of change in the office, it can be hard to keep your eye on the prize. **Remember, change is often necessary for progress.** In fact, a stagnant workflow can lead to decline in creativity, production and innovation.

**Improve your satisfaction and productivity,** while improving the company's bottom line, by embracing change, challenging yourself and finding focus.

# STAYING MOTIVATED DURING TIMES OF CHANGE

## - EMBRACE CHANGE -



During times of change, shifting your mindset to one of embracing rather than shunning can really help with productivity. **Focus on the positive** and remember the results can benefit you personally or professionally in the long run.

## - CHALLENGE YOURSELF -



**If you're losing ambition, challenge yourself.** Request employee development training or pursue higher learning for yourself. Learning new skills and demonstrating them to your manager makes you look invested in the company.

## - FIND FOCUS -



What inspires you each day? Differentiate between the motivators that bring temporary bursts of determination and those that will truly deliver long-term success. Then, find the resources you need to **reach your full potential.**

Remaining engaged at work can help position you for upward mobility & career advancement.

NOT EVERY DAY ON THE JOB IS GOING TO BE LIFE CHANGING, BUT THESE THREE STEPS CAN HELP YOU STAY HAPPY AND MOTIVATED

# 1

### FIND A MENTOR:

**Leaders create leaders.** Industry gurus serve as catalysts for helping highperforming employees to **reach their full potential.** As a mentee, you will recognize talents and attributes that otherwise go unnoticed.

# 2

### SET GOALS:

Career goals start with small milestones. With your manager, **set timely and attainable goals** that will keep you engaged. Goal setting has been proven to increase employee engagement by up to **3.6x** more!

# 3

### LET HR HELP YOU:

After all, **it's your career at stake.** Whether it's a 401K match program, tuition reimbursement or an industry seminar that piques your interest, **don't be afraid to speak up** and ask for what you want.

MOTIVATED AND HAPPY EMPLOYEES ARE  
**SUCCESSFUL AND ENGAGED EMPLOYEES**