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Leverage your skills and abilities

When you are confident about your abilities and the talent you bring to the workplace, change will be less threatening. Constantly inventory the skills you have and pay attention to changing

requirements in your field. When you find a gap, close it. If your skills are current and in demand you are employable.

Building your professional network is almost as important as honing your skills. The more people you know, the more people you can ask for referrals, guidance, and advice. When you are ready, tap into your network and your resources to make plans and act on them. If you are engaged in making the most of your situation, people will notice.

In essence, the best way to deal with change is to always be running *toward* something you want, not *away* from something you don't want. By aligning your feelings with your actions, asking the right questions, sharpening your skills, and developing your network, you will be amazed at how you can turn change into just the opportunity you were looking for.

Remember, change is inevitable. It's up to you to make it work *for you*.

About the author

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