

Megan Hills interviews

Wendy Jocum

Training/Facilitation Consultant



How to stay positive during changes at work

Imagine moving from one country to another. Seven years ago Wendy Jocum did just that. She left her job, family and friends in South Africa to start a new life in Australia. “It was certainly one of the biggest changes in my life,” she said.

Wendy adapted by staying positive. She is now successfully running her own training consultancy in Sydney. When she feels challenged by change, she says “I’ve managed change before. I’ve changed countries! I can manage this change too.” This is a great example of positive self-talk.

Wendy’s advice for staying positive during changes at work “We live in such a fast-paced world now, so managing change is an important life skill. Ultimately, we need change to live and grow.” **Four ways to do this are:**

1. Stay calm and weigh up the situation

Calmly take into account the pros and cons of the change – this also helps the mood of those around you.

2. Choose your attitude towards the change

Are you going to be a passive victim or actively successful?

3. Embrace the change, look out for the positive effects

Don’t hang onto the past - instead ask: “What’s in it for me?” and try to find the benefit.

4. Go with the flow

When things don’t go according to plan - like the computer dying on you halfway through giving a PowerPoint presentation - be flexible and go with the flow. Keep your sense of humour and you’ll sail through tough situations.

What Wendy says about Eleanor Shakiba

“Eleanor was one of my students at the Australian College of Applied Psychology – she had an amazing impact on people even then. Later, I attended two of her courses at Sydney University where she was very inspirational.

When it comes to helping people stay positive during changes at work, Eleanor is one of the best facilitators I know, and that really is a compliment. Trainers are very critical of other trainers! Eleanor is calm, positive and professional - a great trainer for change.”

Book a course on managing change for your team Call 0433 126 841