



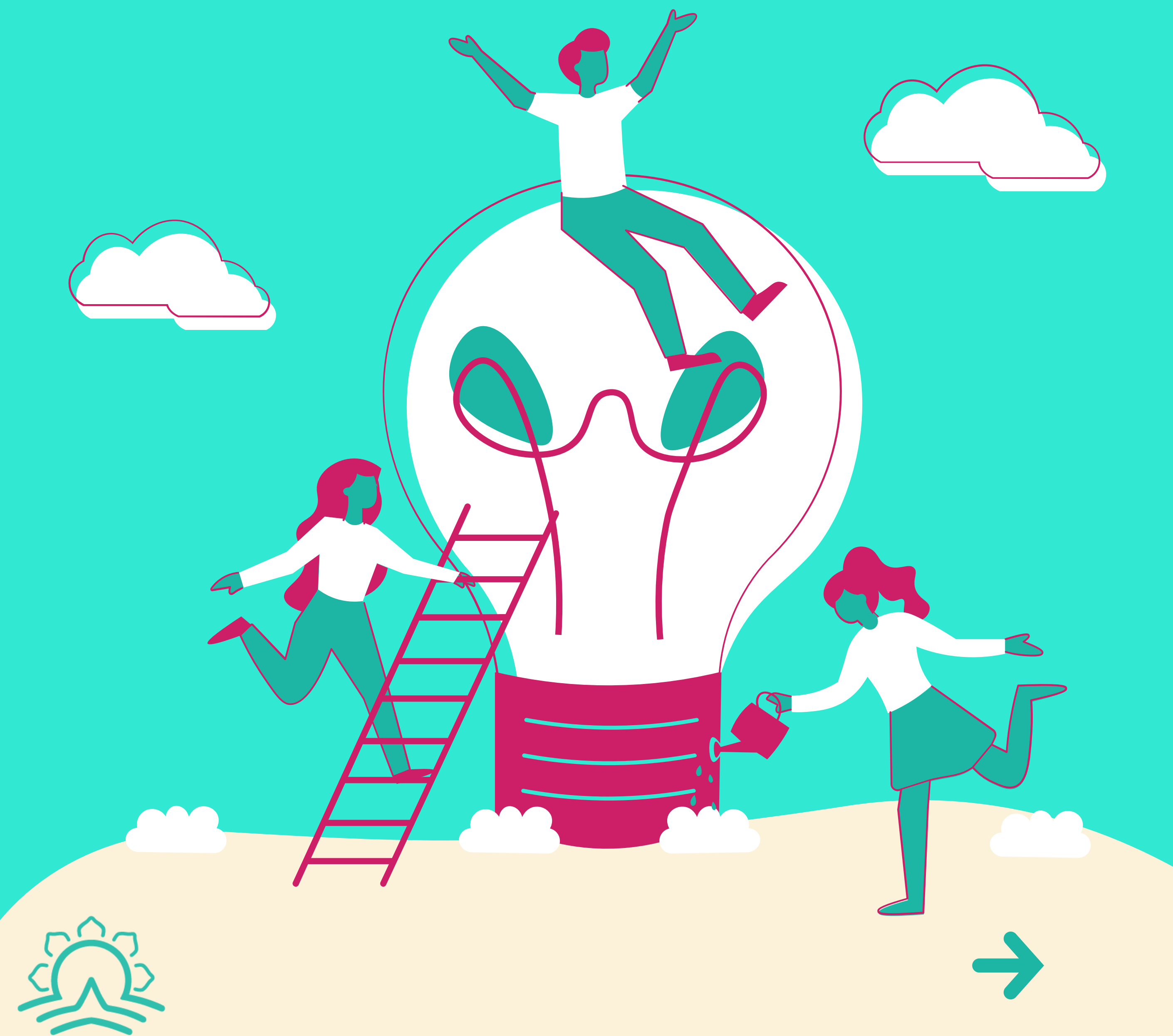
Success Happiness

How to live a balanced life and
thrive a successful career



Problem

3 general obstacles we face in our working world when being employed



Problem 1

I need to get projects done on time and with 100% accuracy. So I stay overtime and work additionally from home.

Problem 2

I take every project my boss gives me and feel overwhelmed by the workload. But don't say anything as I want to be recognized as hard working.

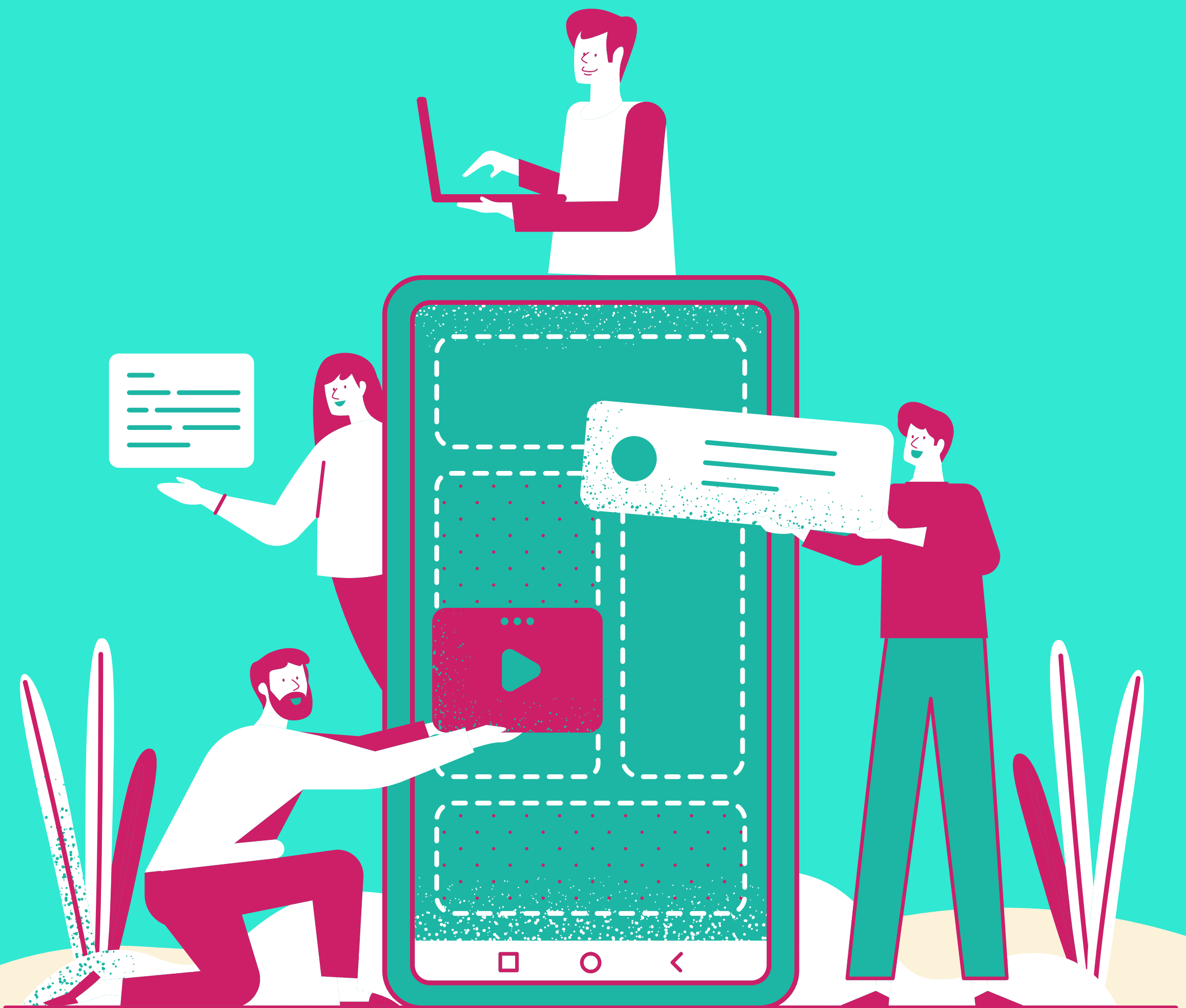
Problem 3

I don't get the salary raise I hoped for, even though I have worked hard the whole year. It seems my boss takes it for granted that I'm an efficient employee.



The Utopia

3 ways to solve the constant
stress level and live a happier
employee life



Solution 1

Yes you need the project to be done on time. Question is if you have to do it all on your own or if you can delegate tasks to specialists on the topic. Tap into your networking resources. Also bullet point the project goal and how much information needs to be provided. Often less is more. Try to be macro rather than micro.

Solution 2

Is it really necessary to take on every project given? What would happen if you speak up and honestly explain how many projects you currently work on? What could happen if you ask how urgent the new project is on a scale from 1- 10 compared to the ones you are working on? Communicate to your superior and let him/her know that you value quality work.

Solution 3

List throughout the year all the tasks you have fulfilled for your department and the company. When salary raise period comes communicate your value vs. money. Don't be shy. Be humble yet confident. A good company always honours their valuable employees by offering a % salary raise according to their results generated.



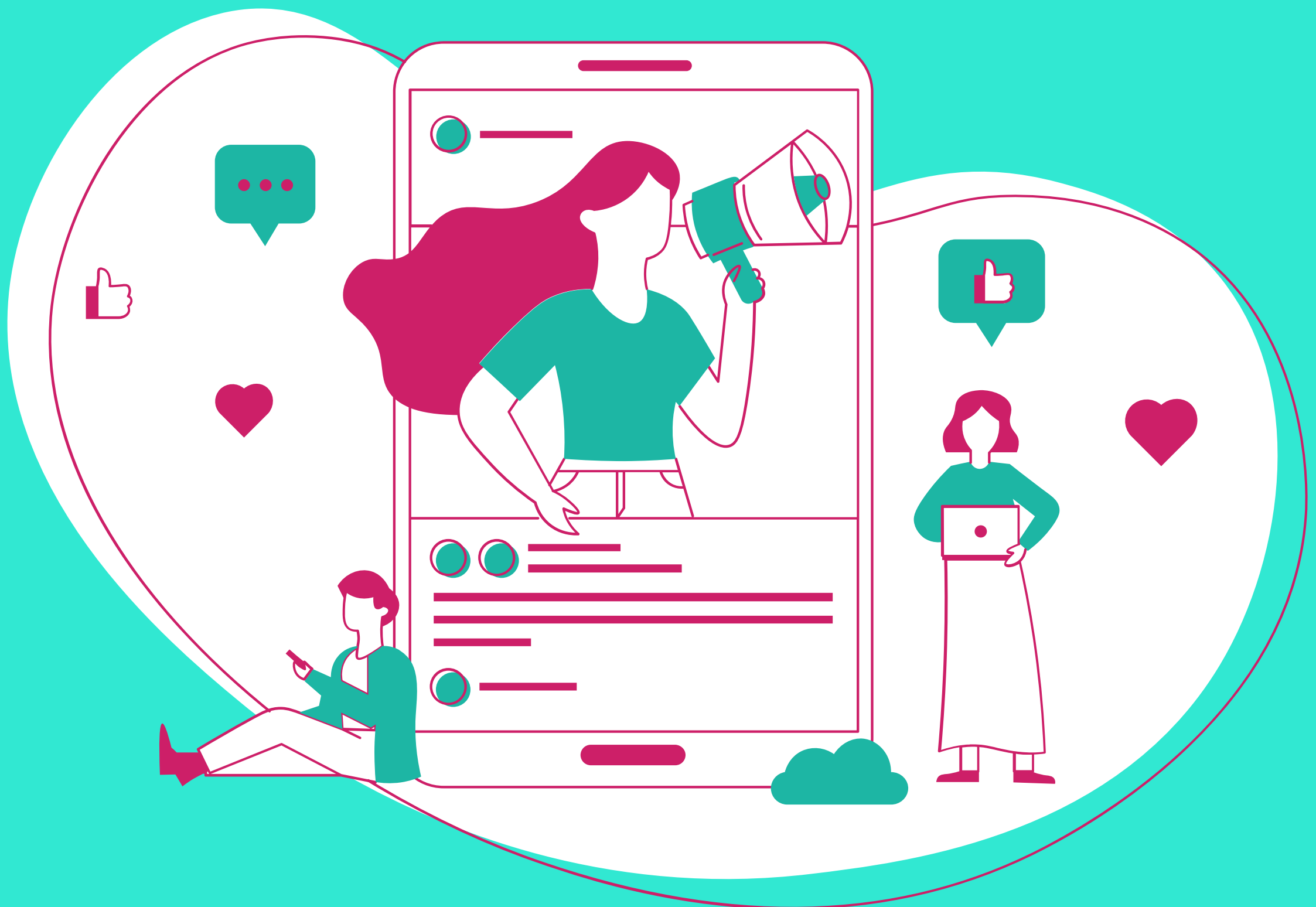


Coaching & Consulting

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