

# Learners make most of change

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Q: "I'm a fundraiser for a charitable organization. Until a few weeks ago, I'd been agonizing over whether or not to make a change in the New Year. I've been feeling miserable and unappreciated; my boss doesn't take my ideas seriously and I'm not being challenged. I'm not getting any younger, and the thought of leaving behind good benefits scares me, but I really want 2010 to be a fantastic year. Then the recent government cuts put my job in jeopardy and all of sudden, leaving may not be my choice. The weird thing is I feel less anxious to make a move now. Should I resign or wait and see what happens?"

A: Perhaps knowing your job may be on the line has taken some of the pressure off you're having to decide. Whether you choose to leave or you're asked to leave, it's clear you're not feeling satisfied and, ultimately, you're responsible for your own happiness.

Evaluating your happiness provides a gauge for improvement in your life. But pay attention to how you're looking at your situation.

Judging promotes negative feelings and behaviours. Challenge yourself to look at your circumstances from a positive place of discovery and learning. Learners carefully consider choices and stay focused on positive outcomes. Judgers tend to be reactive and blame focused. What are the facts? What do I really want? What am I responsible for? What influence do I have?

The approach of a new year signifies change for many. Choosing to be a learner means you're more likely to feel optimistic and hopeful during change — characteristics of people who lead happy, productive and successful lives.

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