

RECOVER FROM A BLOW IN YOUR CAREER



Step 1 GET YOURSELF TO ACCEPTANCE

Separate the facts of what happened from your opinions and interpretations. There are usually only a few facts. We often have endless interpretations and opinions. We are usually upset about our opinions and interpretations and what we've made the facts mean vs. what actually happened [facts].

This is hard to do but super useful. **We often think our opinions are facts.** Not true! For example, maybe you didn't get a promotion you were counting on. You are probably upset about that – but the facts are you didn't get the promotion. Interpretations might range from:

- o I was promised that 6 months ago.
- o My manager isn't advocating for me.
- o I'll always be in this position.
- o I can't move up in this company. I need to find another job.

All these opinions are what we are upset about—even more so than the facts. If we hold on to those interpretations, it is a self-fulfilling prophecy where you're almost guaranteed to not get the next promotion either.

Express yourself and “off load” your interpretations to a trusted person.

This person shouldn't try to fix anything or give advice—but will just listen and understand what your experience has been like. Express it.



Step 2 LOOK FOR NEW ACTIONS TO TAKE

When you are authentically in acceptance of the situation [**with no emotional charge**], new actions to take will emerge that you didn't see before.

Action is the source of results. But is the particular action you're engaging in going to forward the result you want? That is the key.

If you're stuck in blaming someone else or their style or how something was done, you're being a victim [at the effect of someone else or the situation] – gathering agreement from others or feeling sorry for yourself vs. dealing with the situation as it is now.



Step 3 ENGAGE THE SITUATION

When something happens that we don't like, we often reject or resist the situation – stuck in some sort of belief that this shouldn't be.

What is more useful is to engage the situation, move toward it, get curious about it and the people involved.

Questions to ask yourself:

- o What was their intent?
- o What were they trying to accomplish?
- o What concerns were they trying to address?

No one is right or wrong – We’re all doing the best we can with what we see and know at the time. If you can ask questions and seek to understand them, you’ll get new data that will help inform new actions for you potentially creating alignment where you didn’t think it was possible.

Step 4

WHEN THE SITUATION IS SUPER DIFFICULT . . .



I always create a game for myself, or an intention for myself – about something I want to learn from the situation.

Situations will come and go – but whatever I learn experientially, I’ll have forever in my tool belt.

For example, a long time ago with my ex-husband who was really great at triggering me, I created a game for myself of learning to be “un-gettable.” I wasn’t perfect at it by any means – but I kept engaging, kept learning – and eventually I dismantled the power he had over me to create a reaction.

Or another time, with a very mercurial and challenging boss, I decided to learn to be powerful in my interactions with her and not be intimidated. I figured if I could learn to do that with this difficult personality, I could do that anywhere.

When I create a game for myself, my attention gets off the other person [who I/we can’t change anyway!] and gets on me or ourselves – where there is true power.

When we’ve had a significant blow, sometimes it takes a bit to pick ourselves up, dust ourselves off and get back in the game. The more quickly we can do that, the better we will feel about ourselves and our situation.

**Follow these steps and you will develop a quality of being resilient and unstoppable
- very useful in our fast moving lives.**

Are you ready to move forward from a blow to your career?

Sign up for a free strategy session here:
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**I'd love to support you to recover
yourself and get back on track.**

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