

Spring clean your career

 By [Kay Vittee](#)

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Being positive is a choice. It is normal to be weighted down by the realities of work. Fatigue from long hours and the high levels of stress associated with strenuous deadlines and workloads or boredom and complacency from repetitive tasks with little reward, take their toll.

However, it is important to remember that only you have the power to change your attitude and in doing so change your realities and break the cycle of negativity.

Oprah Winfrey said it best, "The greatest discovery of all time is that a person can change his future by merely changing his attitude."

Remind yourself of the dreams and aspirations you had when you finished school, graduated from college or university or when you first started your current job, rekindle the passion that earned you this position and refresh your attitude.

Positive people are pleasant people to work with. Their natural disposition enables constructive consultation, collaboration and teamwork.

By adopting a positive attitude in the workplace, you will:

- Stay motivated
- Communicate better
- Inspire others
- Earn the respect of colleagues and managers
- Cope better with stressful situations
- Find solutions to challenges
- Identify and embrace learning opportunities
- Be more productive
- Stay healthy

Positive people make good leaders; they are seen as role models, their optimism gives them a self confidence that is attractive to managers, colleagues and subordinates, they are resilient and most importantly they are open to change and growth and not afraid of failure.

A positive attitude is not simply a perception, it is something that is sought after and measured in the recruitment and promotion process. When recruiting new staff or identifying staff for promotion, most leading staffing companies and employers use modern psychometric assessments to evaluate a candidate's knowledge, ability, aptitude and personality traits. Behavioural and attitudinal indicators are evident in the results of these assessments and can influence the success of the assessment and interview process.

If you want to attract the right kind of attention at work, a career spring clean may be in order so roll up your sleeves, take a deep breath and buckle down, because success is not for sissies.

- Be thankful for what you have.
- Take responsibility for your career and your happiness in it.
- Surround yourself with positive people.
- Find a mentor or coach within your organisation who can motivate you, advise you and teach you new skills and new ways of working etc.
- Offer to be someone else's mentor; teaching and helping others not only will make you feel good; it will refresh your skills and remind you of the basics.
- Challenge yourself to try new approaches, do things differently, be more productive and learn new skills.
- Organise your workday better, when you have a plan on how to complete your tasks you are able to focus, prioritise, manage expectations and ask for help if needed etc.
- Recognise the achievements of others. Compliment good work and celebrate the success of your colleagues.
- Be competitive, not necessarily with other employees, but with yourself. Demand improvement from your performance, set goals, exceed your own expectations and reward yourself when you are successful.
- Have fun!

Deceptively simple, these actions will have a profound positive impact on your career, for just like Winston Churchill said, "Attitude is a little thing that makes a big difference."

ABOUT KAY VITTEE

Kay Vittee is the CEO of Quest Staffing Solutions.

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