

The Ecotourism Society of Seychelles



*For the Community & by the Community
The Process....*

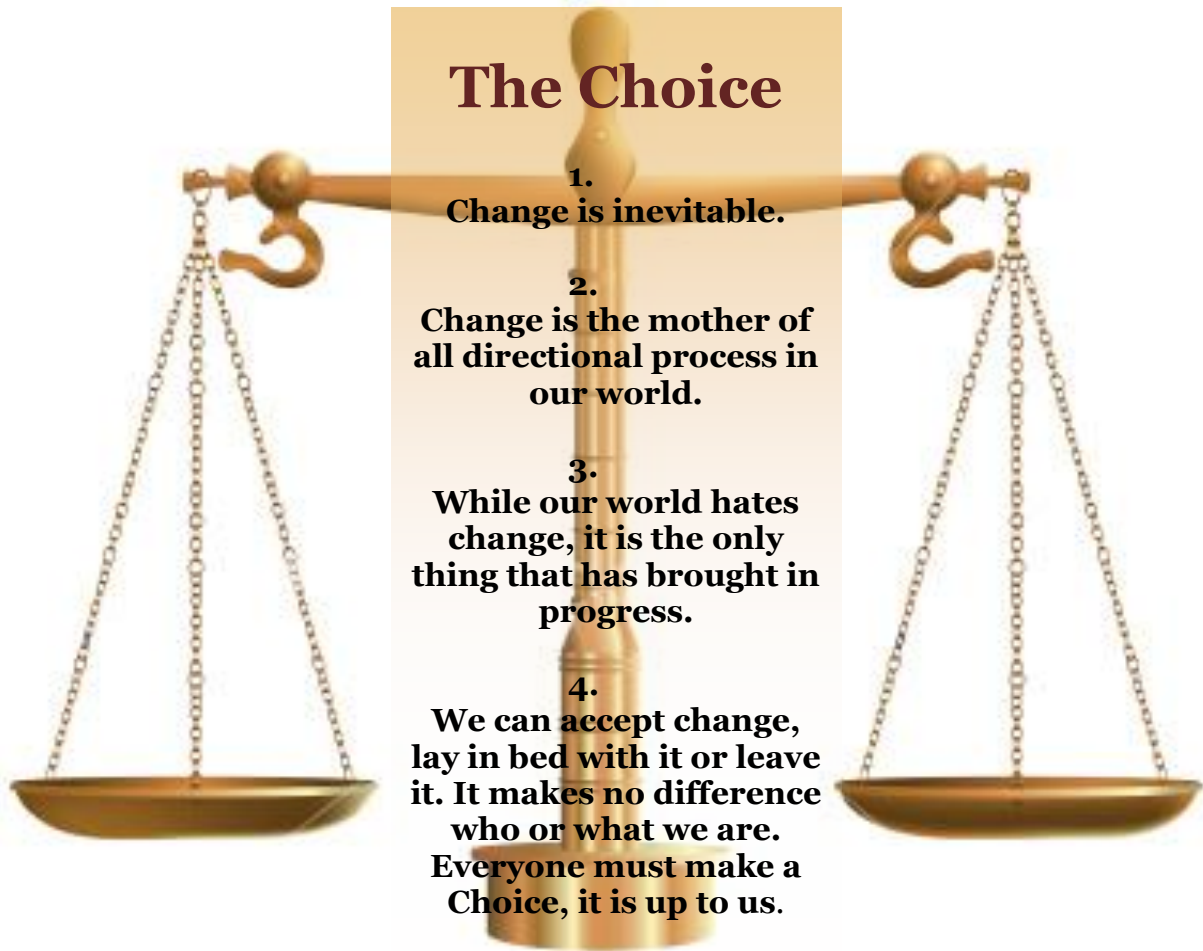
"Turning Possibilities into Realities"

2012 "STRIVING FOR OUR SEYCHELLES"

Rio + 20: The Future we want: The Promise

"Working Hard at Working Smart" (part VI)

Balancing Work and Life



We must be the change we wish to see in the world.

Mohandas Karamchand Gandhi

Self-Motivation gets stronger as you exercise it.

The briefings are to provide us with down-to-earth ideas and techniques in our endless quest to further develop the important value of self-motivation in solving more problems, obstacles and life's challenges.

They are to assist us in achieving more goals, desires and dreams whereby eliminating the need for incentives, instant gratification, even threats or fear to take action.

“Change or be Changed”

How to Handle Change at Work

Source eHow.com

It seems sometimes that change in the workplace is the only constant. With restructuring and streamlining jobs to stay competitive in the world marketplace, job security has become almost nonexistent. Even changes that will bring good -- such as training on a new computer system that will improve productivity -- can bring about stress among employees. Handling change at work requires:-

Instructions

1. **Stay upbeat and don't trash talk management when major changes hit.** In today's business climate, it is never acceptable to bite the hand that feeds you. You may face reorganizations and takeovers at the ownership level that you do not understand. It happens, and the survivors are the people who can roll with the changes.
2. **Accept new people who come into the workplace.** This includes people with different styles, beliefs and cultures as well as those from a competitor. Recognize that they are going through the same disruption of the work routine that you are facing, and lend a hand to get them settled and acclimated. Your managers will see your professionalism and may reward you for it.
3. **Join forces with others in your field and stay in the loop.** Keep in mind the value of networking before the need for it becomes critical, such as when layoffs are announced. Join at least one professional organization, get involved by attending monthly meetings and volunteer to help if you can. You can never have too many contacts within your industry.
4. **Try to relax and be open to new possibilities that come with change at work.** Remember you're part of the team expected to help the company, the Country achieve its goals. Determine how you can make the most out of the changes to improve your own job situation and in the process **your precious life and the equally valuable lives of others.**

Progress is impossible without change and those who cannot change their minds cannot change anything.

George Bernard Shaw.

Embracing Change

IS IT YOUR JOB OR YOUR LIFE?

Your guide to working smart: 1998 series

(By Phyllis Schroeder, M.A. is a career counsellor in Manhattan, – The New York Post 1998)

I have recently worked with various people who, at one time, held very demanding and exciting jobs in Manhattan. They loved what they did. They had built up expertise in their fields, and established a reputation for always doing a great job.

But once they stopped working, whether they got fired, retired or left for other personal reasons, they realised they were miserable and felt worthless. They did not know how to structure their day. They no longer knew how to identify themselves.

So, what happens when your self-worth and essence are tied into your job? Well, as I stated above, once that job ends, you might end up feeling like your life has ended. Part of the problem is related to habitual behaviour. You get used to certain rituals in life.

There is comfort in knowing where you are going and what you are going to do each day. It is also comforting knowing what is expected of you and being accepted and liked by your co-workers. But the problem arises when you cannot see yourself at another job. Your work defines you to such a degree that it is hard to imagine yourself anywhere else.

Change is the one thing we can expect in life. But many people expect changes to happen to others, and are surprised when it happens to them. This is not to say that you should now spend your time worrying about when change will come, but it is unrealistic to think that things will always stay the same.

At my office, I work with two types of people: **those who are forced to change their careers, and those who choose to make a career change.** Obviously, if you are one of those people who has decided to make a change, you are in a different mental perspective from the other group. The idea for change is yours and it is under your control. You have already decided it is time to do something different and are looking forward to a new path. This also usually means that you have some awareness about what you like and dislike about your soon-to-be former career. You are more objective about your job and have some thoughts about why it is time for a change. This is certainly a better and more successful way to start a new career.

If you are in the other group of people, those forced to change careers, you may still see your job as ideal. This may be true, but you cannot waste time thinking that this is the only job or career perfect for you. You have to move on mentally and put yourself in a position **where you are able to make a change.**

When you mourn what you have lost, there is no energy left to consider new options, and it is harder to envision yourself in a new role. You lose flexibility and creativity. You forget that you are this person with great skills and talents that were appreciated by many over the years. **You have not lost you...only the job.** This same problem can occur in your personal life. **At the end of a relationship, do you feel as if your world is over?**

Just as with the end of a career, you need to remind yourself that you have a lot to offer and it is the other person's loss. You still have all of your wonderful traits - now you have to find the right person to appreciate them. **Instead of begging the wrong person or company to stay with you**, find a person or company that values what you have to offer. Your worth does not depend on one person or company wanting you. All of the things you have to offer cannot be lost. Problems begin when you forget that your skills and talents are portable. You have a lot to offer no matter whom you are with and what you do. You are the one who chooses to believe that without that person or job, you are less of a human being.

The real loss is when you do not value your assets. For example, if you are creative or a good problem solver, these skills are needed in many areas. Your warmth and caring are part of who you are. Sometimes it takes a new job or relationship to realise that you have these gifts to offer. Changing your direction gives your private and/or work life a different feeling.

The key to your development therefore lies in seeing that your best gifts are always with you. For you do not leave these gifts at the old or relationship. What makes all of us special is that we can always dusts off our best stuff, remember what we own and then go on to use it in an even better and more productive way, **"to continuously help inspire more Change for The Future we want"**.□

Tourism... Linking Cultures Horticulture... Our Culture

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The Brand**



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For more information, and reservation please contact Keven Tolfree or Winselle Marengo-Tolfree, email: [kevintolfree@yahoo.co.uk] or [winselle@gmail.com] -Tel: (248) 2599839 / 4371190.