

Workplace Myths

Tons of research has been conducted about finding happiness, fulfillment, and advancement on the job. But several myths exist that may stifle those feelings and opportunities. The following is a list of some of those myths and some suggestions for improving your situation in the workplace:



Myth #1: You will be happier if you have a job you like.

It helps to love what you do, but sometimes due to lack of education or experience it is not always possible. The key is your attitude. If you can have a positive attitude about your life in general, that will carry over to all that you do ... including your job. If you are not happy where you are, look for ways to improve your situation. Learn new skills or take some classes to enable you to find the job of your dreams. But until you do, make the best of the situation at hand.

Myth #2: Do good work, and you will do fine.

Most managers do not know exactly what you are doing on a day-to-day basis. As long as the work is getting done, they are happy. So when you do a good job, let your boss know. It's not crazy to toot your own horn – it is crazy to think that someone else will do it for you. Make sure you write your accomplishments down as you complete them. Then, when it's evaluation time, you will have your list handy.

Myth #3: You can't teach an old dog new tricks!

Now is the perfect time in your life to seek education and training, cultivate hidden talents, practice new skills, and advance beyond your workplace doldrums. Be open to change in the workplace ... it's a never ending cycle, so you might as well be known as the team member who accepts change with a positive outlook.

Myth #4: Work is not supposed to be fun.

If you believe that, then it will be true. Approaching your job in that light will make you resistant, defensive, disengaged, and disillusioned. ANY job can offer fulfillment and enjoyment. You are rewarded not only with salary and benefits, but you contribute to the economy and help other people, as you sharpen your lifelong skills. Make the best of any situation and you will feel better about yourself and your job.

Myth #5: Sometimes it's best to keep quiet.

Most companies are looking for new and innovative ways of cutting costs, improving production, and increasing the "bottom line." When an organization is populated by yes-

people who will not take risks, share ideas, or voice opinions, it becomes stagnant. So voice your ideas or solutions to problems. Speaking up can make your career.

Myth #6: Office politics is about backstabbing.

The people who are most effective at office politics are those who are genuinely nice. Office politics is about helping people to get what they want. This means you have to take the time to figure out what someone cares about, and then think about how you can help him or her to get it. You need to always have your ears open for when you can help. If you do this, you do not have to strong arm people or manipulate them. Your authenticity will inspire people to help you when you need it.

Myth #7: People with good networks are good at networking.

There are no specific skills on how to effectively network. Just be nice, take genuine interest in the people you meet, and keep in touch with people you like. This will create a network of people who are invested in helping you because they know you and appreciate you.



Myth #8: Be the employee you think your company wants.

There is no magic formula to having a great career except to be you ... really you. Know who you are and have the humility to understand that self-knowledge is a never-ending journey. Figure out how to do what you love, and you will be great at it. Offer your true, good-natured self to other people and you will have a great network. Those who stand out as leaders have a notable authenticity that enables them to make genuinely meaningful connections with a wide range of people. Be authentic!

Remember, it is your choice to break free of workplace myths and be open to the possibility of a grander design. As you escape the box you have put yourself into, you will experience an amazing freedom. Performance becomes fun and exciting, and you will be happier and more fulfilled in the workplace.

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