



Self-Reimagination: Redesigning your Workspace & Workplace Passion

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Who is Shirica Monroe



Learning Objectives



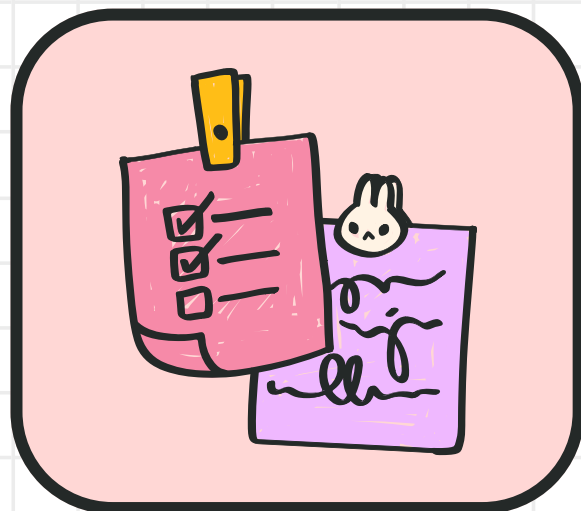
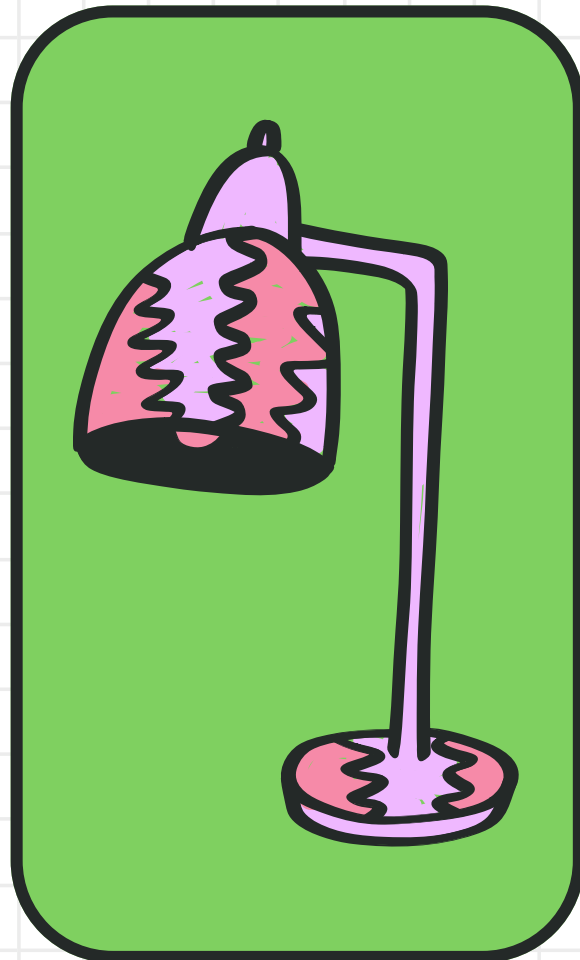
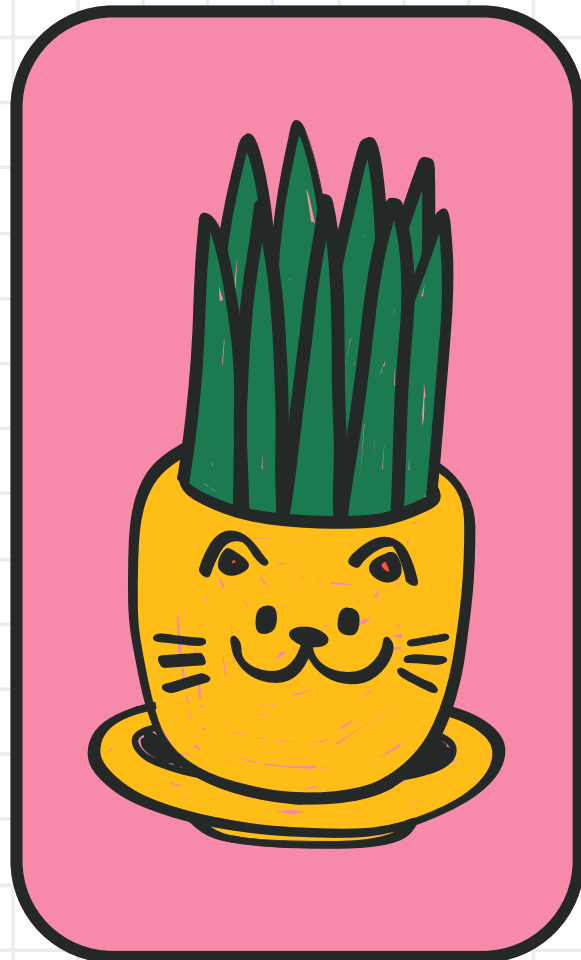
RECOGNIZE the indicators of change.



PREPARE yourself to make necessary changes.



TAKE THE LEAP!



How to RECOGNIZE the indicators of Change



Reaching the glass ceiling

- You are teaching others more than you are learning from others.
- Discomfort from redundant and minuscule task.



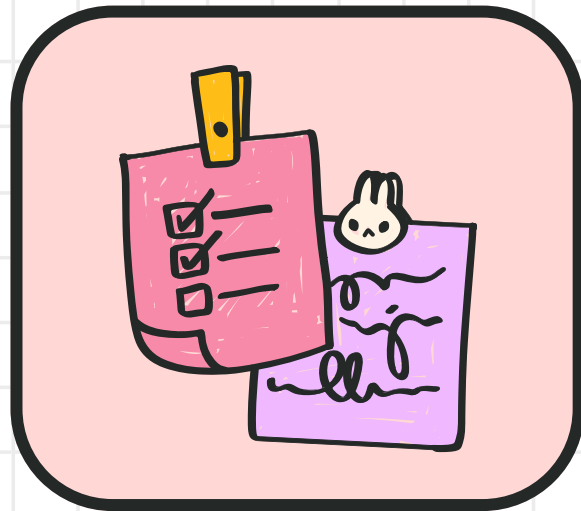
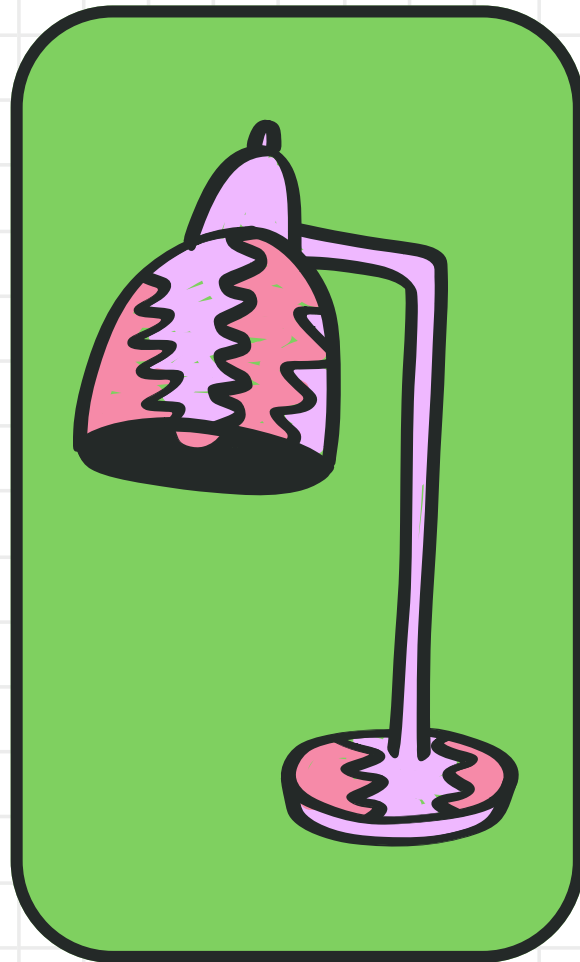
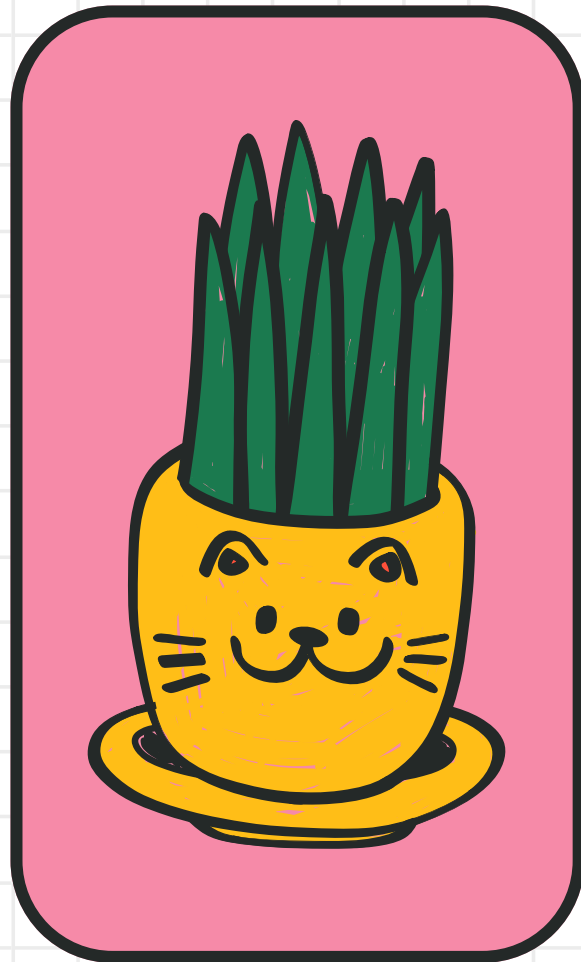
Frustration

- With coworkers
- With the environment
- Life itself



Lack of motivation

- Disinterest in things you enjoy.
- Not wanting to get up for work.
- Not being YOU.



How to PREPARE for Change



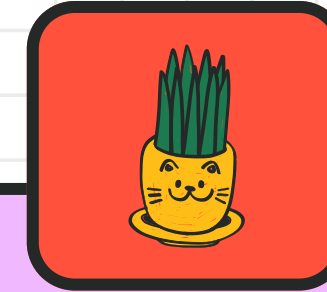
Reflect

What event took place to cause this shift?



Reassess

Who am I now? Do I still have the desire to do what I was doing before or do I want more/less.



Reevaluate

Have my priorities changed?



Reimagine

With the knowledge and experience I possess, what else can I do?



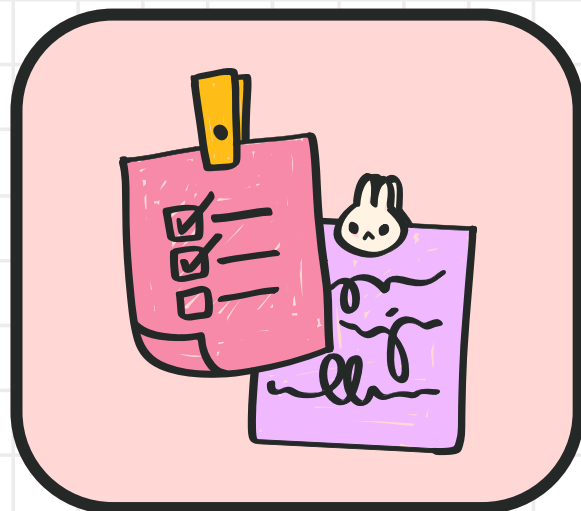
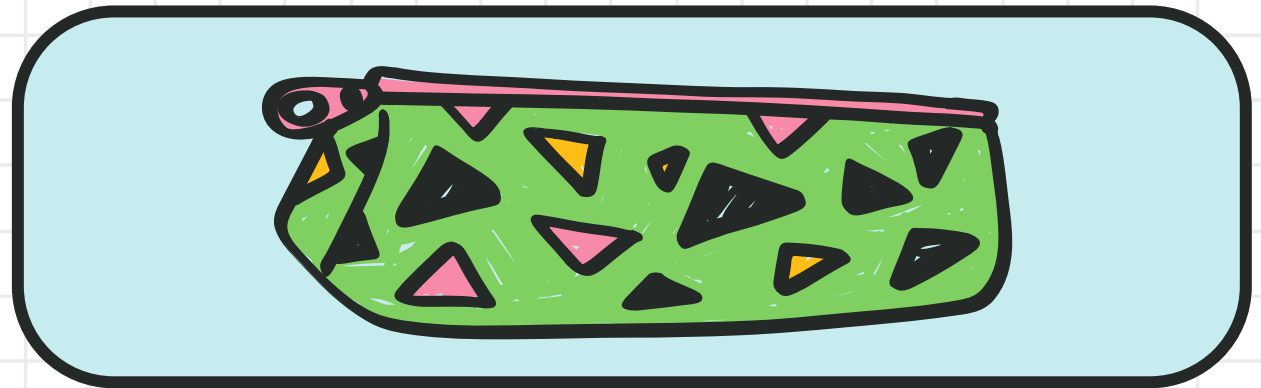
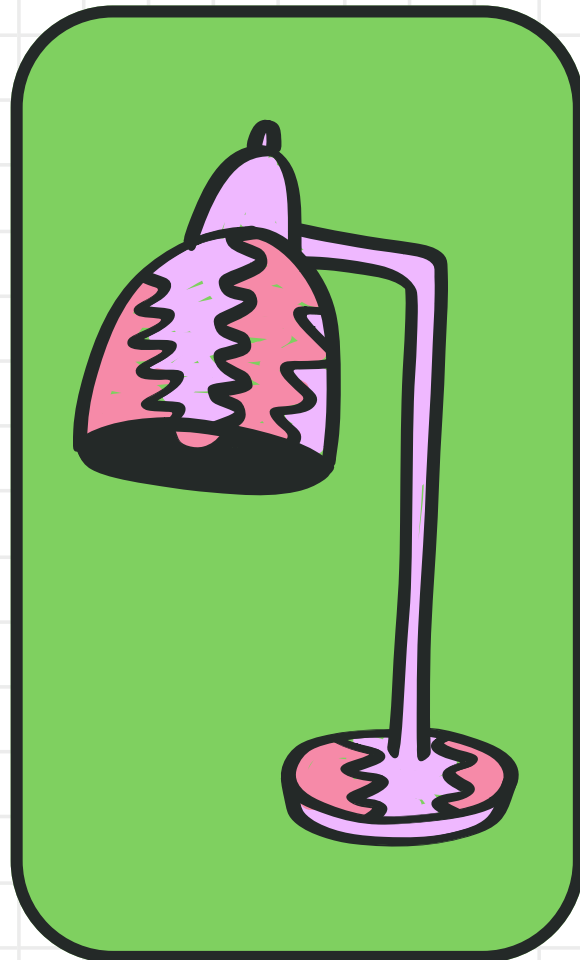
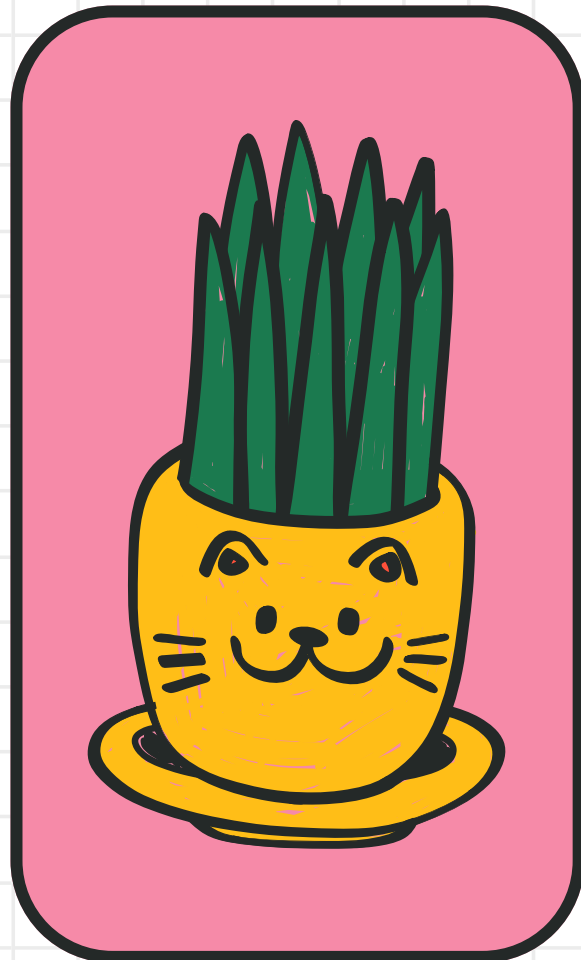
Redesign

Map out what you would like this change to look like.



Redirect

Negative thoughts will come, but redirect them and change your perspective.



**Things to expect when Taking
the LEAP**

01

there may be a grieving process.

02

You may experience "Buyers Remorse".

03

there may be a level of frustration and anticipation from you and others.

04

Others may not adapt well.

05

Remember Your Gentle Reminders

Gentle Reminders



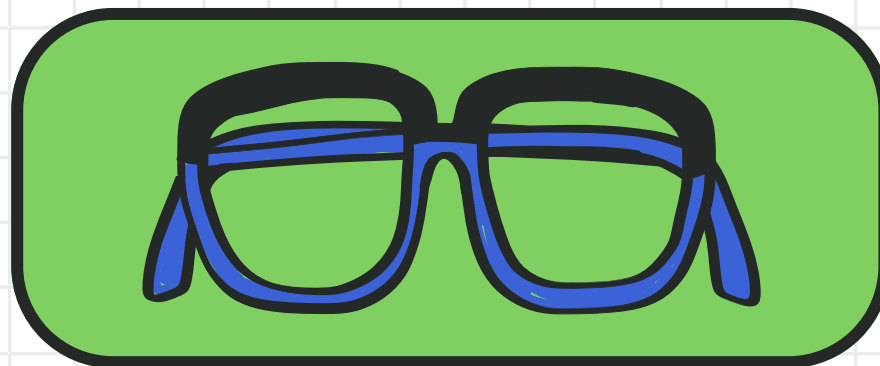
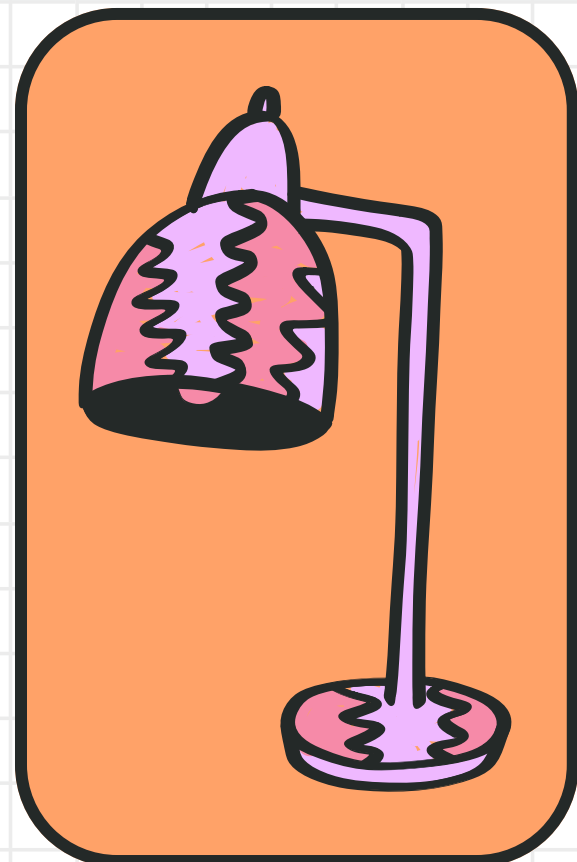
You cannot take care of others if you do not first take care of YOU.



Practice positive Self-talk



You may be scared but do it anyway!



When you're in a dark place, you sometimes tend to think you've been buried.

Perhaps you've been planted.

Bloom.

Questions?



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