

Layla is 25 years old. She worked hard in college to graduate with an offer from her dream company and has been working there for the past 3 years. She was in line for a promotion when she was diagnosed with cancer. The side effects are making it difficult to be as productive as usual and she's worried about her career.

Layla arrives at her Bright Ideas session feeling stressed & anxious. She is still very tired from her treatment a few days ago.



Layla is really looking forward to talking through how she's feeling with her trainer, Grace.

Layla begins to share with her trainer, Grace, what's stressing her most—her job.

She feels a solution is far out of reach & isn't very optimistic about resolving the issue.

Identify

THAT SOUNDS REALLY OVERWHELMING. LET'S WORK TOGETHER TO DEFINE THE PROBLEM AND FIND A SOLUTION.



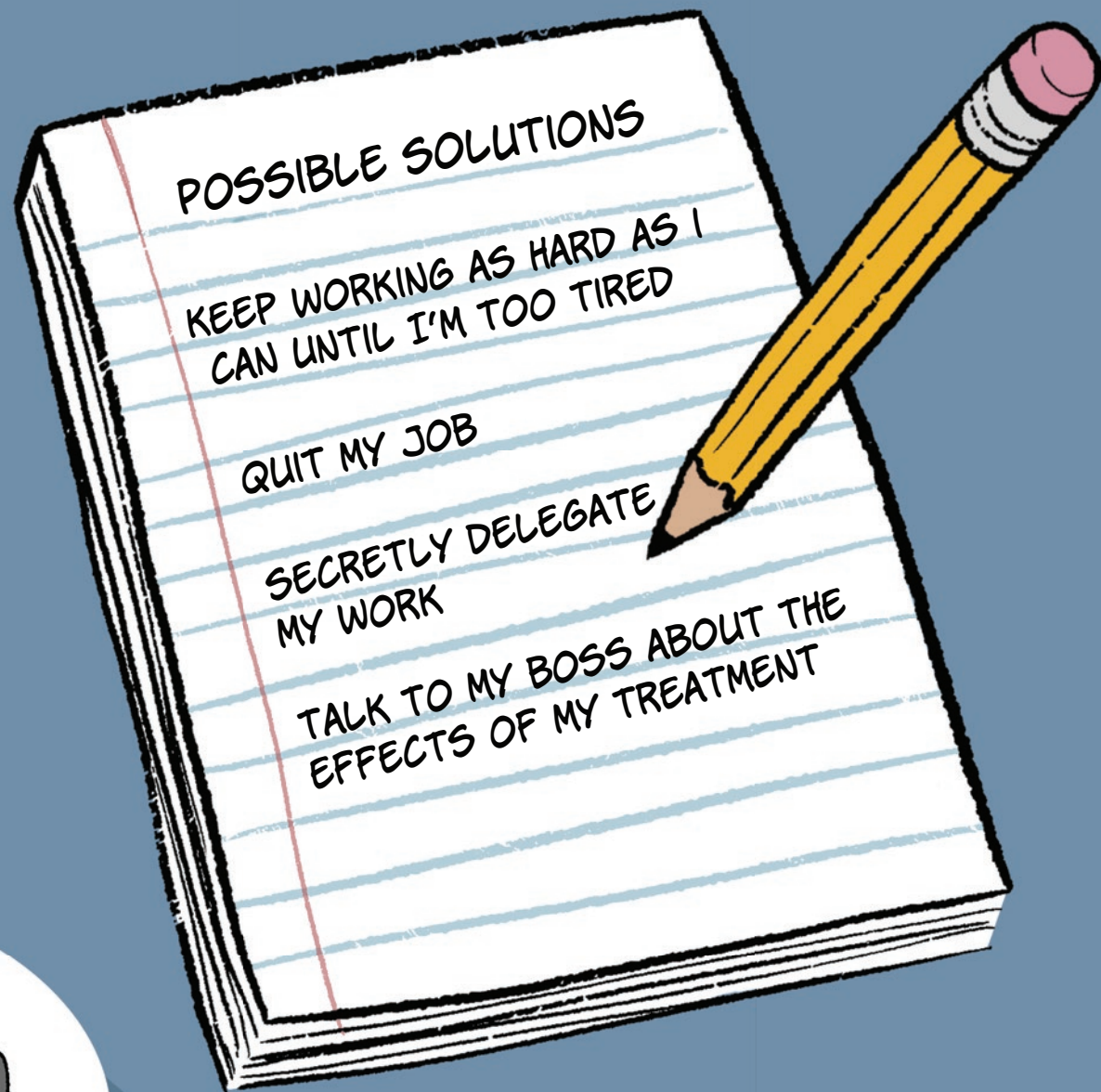


TREATMENTS ARE AFFECTING MY ABILITY TO FULLY FUNCTION AT WORK & IT'S MAKING ME ANXIOUS ABOUT MOVING FORWARD IN MY CAREER. I FEEL STUCK BECAUSE I'M TRYING MY BEST BUT I'M WORRIED IT WON'T BE GOOD ENOUGH FOR A PROMOTION.

Layla identifies the problem – her main issues at work stem back to the effects of her treatment on her energy.

After identifying the issue, Layla doesn't feel too optimistic about it because resolving it will require the help of others & isn't fully in her control.

Grace reminds her she can try her best with what's in her control – how she act or thinks. They define her options by brainstorming possible solutions.



Define

PROS

- MORE TIME TO REST AND RECOVER
- WON'T STRESS ABOUT WORK

CONS

- I WILL FEEL STUCK & LIKE I GAVE UP BECAUSE I'M NOT ADVANCING IN MY CAREER



She considers quitting her job, weighing out the pros & cons.

Layla continues to make a pros & cons list for her next two solutions.

POSSIBLE SOLUTIONS

SECRETLY DELEGATE WORK

PROS	CONS
—	—
—	—
—	—

~~KEEP WORKING
TOO HARD~~

~~QUIT MY JOB~~

TALK TO MY BOSS

PROS	CONS
—	—
—	—
—	—

Evaluate



Act

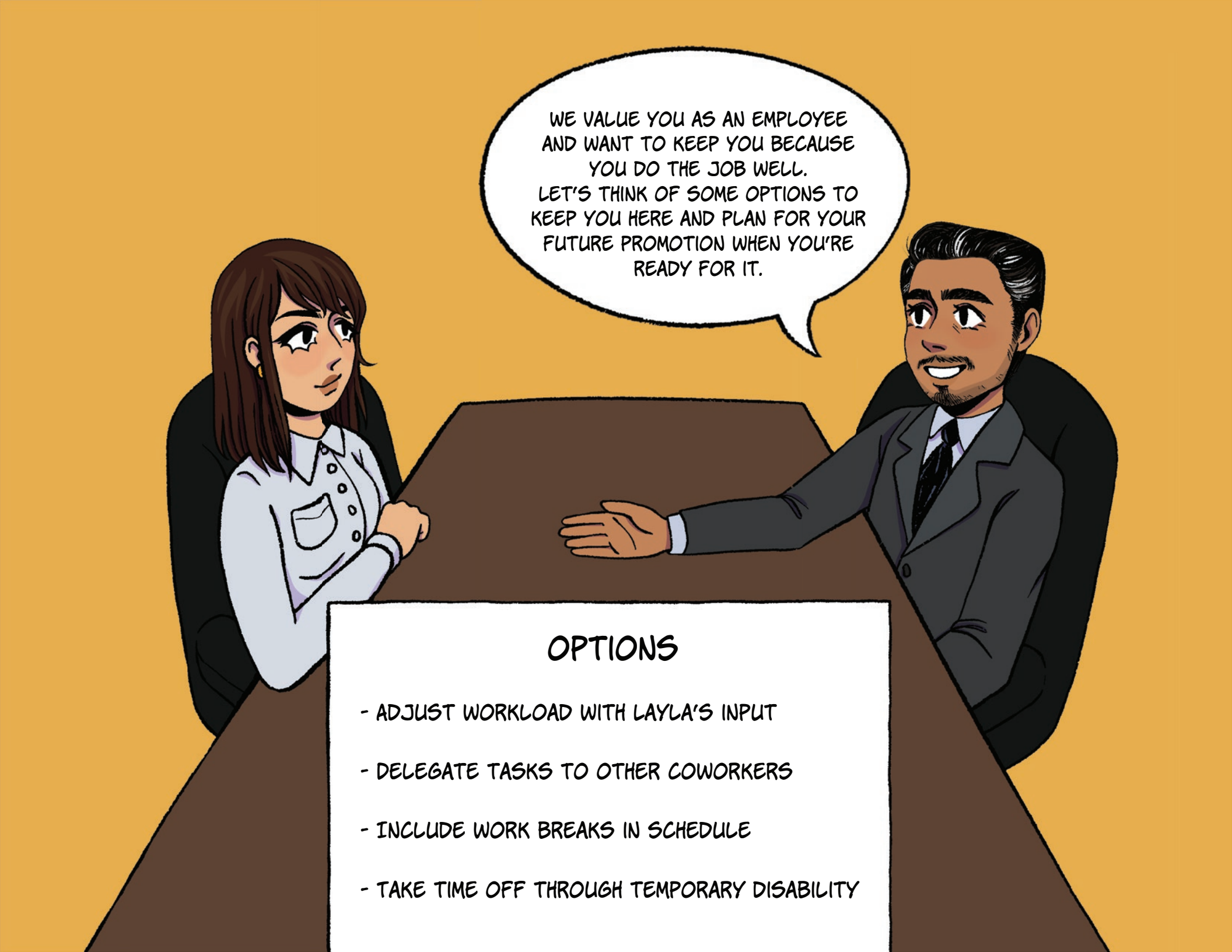


She decides she will talk with her boss & emails him to set up a time to meet.

Layla writes down all of the issues she wants to discuss with her boss and practices the day before to ease her nerves.



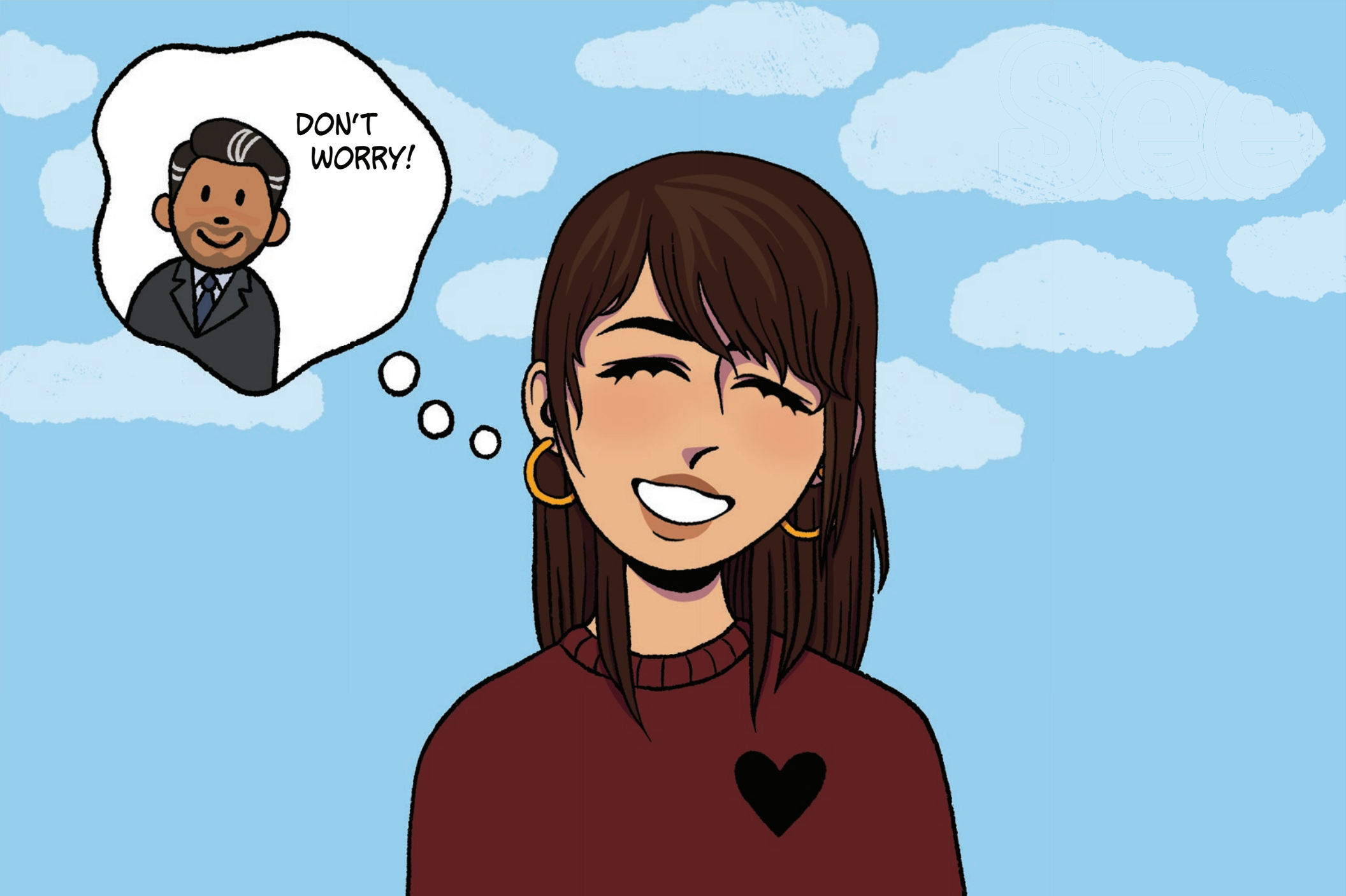
THANK YOU FOR
TAKING THE TIME
TO MEET WITH
ME TODAY...



WE VALUE YOU AS AN EMPLOYEE
AND WANT TO KEEP YOU BECAUSE
YOU DO THE JOB WELL.
LET'S THINK OF SOME OPTIONS TO
KEEP YOU HERE AND PLAN FOR YOUR
FUTURE PROMOTION WHEN YOU'RE
READY FOR IT.

OPTIONS

- ADJUST WORKLOAD WITH LAYLA'S INPUT
- DELEGATE TASKS TO OTHER COWORKERS
- INCLUDE WORK BREAKS IN SCHEDULE
- TAKE TIME OFF THROUGH TEMPORARY DISABILITY



Layla is relieved her boss is willing to work with her to keep her job. Her treatment will not affect her chances of growth within the company, as he knows she's a hard worker.

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