

Working from the Neck Down
By JoAnn R. Hines

Are you just working from the neck down? Are you going through the motions with your body and not putting your head into your job? Many of us just go through the motions of showing up but don't really enjoy what we are doing or we don't put our full brain power behind our work.

This apathy can come from a combination of things:

- 1) You really hate your job (Hint: It's time to move on.)
- 2) You really haven't sunk your teeth into your current position or responsibilities.
- 3) Your boss treats you like an idiot so why not be one.
- 4) Your hard work got you nowhere.
- 5) You are simply overstressed and overworked.

If numbers 1 or 5 apply to you, it is seriously time to consider moving on to another position.

But if circumstances are that you can't move on if or fall into categories 2, 3 or 4, we need to address some things that you can do to get your head back in the game.

Number 2 -- Do you really understand your existing position and responsibilities? Why not write your own job description? How does that match with what is written about your responsibilities?

The two descriptions need to gel; otherwise you are working at cross purposes. So, put a plan into action that makes your job description and the one from the company sync.

Number 3 -- Does your boss treat you like you are an idiot or demonstrates no respect for your ability? This is a hard issue to resolve, but you have to take the bull by the horns and build your credibility. Start by having a sit down and explore the problem. Find out what the boss' expectations are. Can you or have you met him? Have you demonstrated your goals to your boss in actionable items? Look at your performance from your boss' eyes. Do you see any weakness?

Number 4 -- Have you been working hard with no results? You know that, but who else does? Good deeds and hard work will get you no where unless you have a plan of action to maximize your efforts.

We are only one quarter of the way through the year so you still have plenty of time to implement a plan. Don't panic. We have simplified the process for you with a spring cleaning career quiz. Respond back to packagingdiva@aol.com with the word "quiz" to get your free copy.