

Member's Quarterly

Summer 2021 Edition

President's Message

It's Okay to Ask for Help

Don't let the small bushfire become a major wildfire

Asking for help can be frightening to so many people. It really shouldn't be, but it is.

Whether this has to do with pride, fear of appearing incompetent or perhaps not even knowing where to begin, it's a tough obstacle to overcome. It affects everyone, regardless of where you are in the corporate food chain. The problem is that this reluctance can often allow a small issue to become something big, especially at work.

Take a moment to appreciate that even the employee of the month or the top performer on your team encounters all sorts of things they need assistance with. What separates them from the rest of the pack is that instead of wasting valuable time in a state of confusion and anxiety, they will often seek help to address a problem they can't quickly figure out on their own.

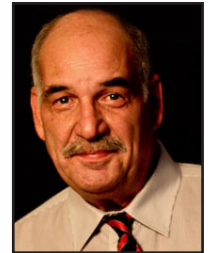
The top performers have learned that nine times out of ten, no one is even going to remember that they asked for help, and what may be a matter of answering a simple question for others could save them a major headache. They know it's far better to ask for help and accomplish the task successfully and on time, rather than muddling about or not being able to finish it at all.

Besides, who wants to get stuck in that state of not knowing or feeling overwhelmed? It instantly fires up your stress levels and only increases the anxiety of everyone around you. If you suddenly realize that you took on too much or made a mistake, just step back, take a breath and tell yourself it is alright. It happens to the best of us and no one is going to fault you for owning up to it.

Likewise, if you feel you've received inadequate instructions to complete a task, don't be shy about asking for clarification or further detail. We've all dealt with a boss who assumes their subordinates are mind readers and that they will automatically know exactly what is needed of them. So, forego the ego and just raise your voice to ask for help or clarification. You will see firsthand how much smoother things will go.

This is for the routine, everyday stuff at work. If you have a more serious problem at the workplace, you must treat it like an emergency and call in an expert. No one will mind getting an extra call for help. They will certainly be far more upset if that small bushfire turns into a wildfire. The first question you will be asked is why didn't you ask for help.

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