

Now let's prepare for your next conversation about this at work. What are your asks/solutions to lead to a Manageable state? Who is involved, what do they need to support you, and how will it happen?

And personally, what can you do right now to make work life a little bit better? Be specific.
For example: create 15 minute break time blocks in your calendar to get outside, spend time on Sunday meal prepping so you are having a healthy meal throughout the week, declining a meeting invite, saying no to an extra task that is outside your lane, picking a date to work on your resume, etc.

Additional Reflections/Notes:

Want to chat about a plan for your next one-on-one? Let's connect!