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Embracing Change in the Workplace

Change can be good or bad, depending on what the change is and, more importantly, how you react to it. Change is a fact that is inevitable, and we all need to deal with it as best we can. Individuals who adapt and embrace change are the ones who continue to thrive, whether that is at home or in the workplace.

Change in the Workplace:

For those of you (us) who have been in the same line of work for many years, you have seen a lot of changes. With ever-improving technologies and the accessibility of information through the internet, mankind is moving at incredible speeds. Whether it is the use of computers, improved technologies, law changes, schedule changes, shifts in business, and even the use of robots- there have been drastic changes in the majority of workplaces over the last few decades.

Change in the Emphasis on Safety in the Workplace:

An increased focus on safety is an example of change over the last few decades for the majority of workplaces. While everyone benefits from companies wanting to avoid injuries, some individuals harp on the fact that “back in the day,” there was no safety, and a lot more progress got done at work. While this may be true in some cases, the recent shift to focusing on safety rewards companies that care for their employees. This not only keeps the workers healthy but also makes good business sense for the company.

A negative attitude towards the change of increased emphasis on safety not only can lower the morale of fellow coworkers, but it actually hurts, not helps, the overall goals of the business. With all this change, how will you adapt?

Embracing and Adapting to Change in the Workplace:

As mentioned above, your success and happiness relating to changes in the workplace will directly depend on how you adapt to it. There are always individuals who talk about the “old way” of doing things or how things were done “back in the day.” While this experience is irreplaceable and will always hold value, it will only do so if you continue to adapt to new technologies and new ways of doing things.

Individuals who are stuck in the past and doing things the old way will be left in the dust of change. If the same individuals used this critical experience and life lessons and applied them to the new changes in the workplace, they will continue to be valuable employees. Stay ahead of the new trends to figure out how you can apply what you have learned to the new paths of your career field or the job market as a whole.

Summary:

We cannot fight or slow down change.

Companies must embrace change to continue operations, and their employees must not only accept change but think of how they can add value to the change on an individual level to continue to thrive themselves.