



It's time for positive
CHANGE



5 Ways to Prevent a Summer Slump

June, 2018



Summer is a wonderful time of year (especially for those of us in colder climates!). It's a time for outdoor barbecues, bicycling, swimming, and generally enjoying being out in the sunshine. There is, however, one thing it's not:

Summer isn't necessarily a time for work.

Though you may feel energized and motivated *outside* of work, the opposite can be true *during* work. It can be difficult to concentrate when all you want to do is head outside and enjoy the weather.

Furthermore, many people go on vacation over the summer, so it's sometimes difficult to complete team projects or use others as a resource. As [INC.COM SAYS](#), "**Summer is nearly always a slow season.** You, your team members and your customers are either breezing away on weeks-long vacations (or wish they were), and those who are in office are struggling to cover their teammates' absences and keep up with demand."

With low motivation, absent team members, and the constant desire to be outside, it's easy to fall behind during the summer...which can make you feel even less enthusiastic to come to work.

So, how do you prevent a slump? Try these 5 tips:

1. TRY WORKING IN SHORTER BURSTS

Look at your clock and tell yourself, "Okay, I'm going to work for XX minutes without taking a break. Ready go!" Commit to only doing specific tasks during your allotted time.

2. SET GOALS

Write down three tangible things you'd like to accomplish today. If you're working on a large project, what bite-sized item(s) can you achieve that will help you complete it? (For more on effective goal-setting, visit [THIS BLOG POST](#).)

3. MOVE AROUND

Making sure you get your blood pumping and your body moving is important for improving both your health and your concentration. And don't forget to move from your desk during the day. Try working in a different location for a few hours and then return to your designated workspace.

4. SET CHALLENGES FOR OTHERS

If you're in a leadership position, get your team motivated by setting up friendly challenges. It helps to focus on a short period of time (such as two or four

weeks) so you can maintain enthusiasm for the competition. Consider giving rewards that people *ACTUALLY* value, such as a half day (or two) of paid time off.

5. BRING SUMMER TO THE WORKPLACE

Just because you're in the office, doesn't mean you have to pretend like summer isn't happening! Have lunch on a patio, invite co-workers out to ice cream, or wear bright summery outfits. As a leader (or an HR manager), you could also plan company outings every once in a while that take advantage of the nice weather. Try going to a baseball game, having a company picnic, or doing some outdoor volunteer work together.

Carry some of your summertime energy *INTO* the workplace. It's amazing what a small shift in attitude (and a little planning!) can do. Besides, while others are in their workplace slump, you can take advantage of the season and rise to the top. Your dedication *WILL* be noticed.

Sincerely,

Margaret

From the UXL Blog...

Happy reading! More at UXLblog.com.



4 Ways to Support Working Moms in Your Workplace

As a coworker,



Delegating at Work is Like Hosting a BBQ

Seriously, it is!

Read On!



Do You Have a Case

manager, or leader,
YOU have many
opportunities to be a
role model when it
comes to supporting
the moms on your
team. Here are four
ways to get started...

Read on!

of the "Mays?"

How often do you say,
"I may start searching
for a new job." Or, "I
may take a leadership
class this year." Let's
overcome those
"mays" once and for
all...

Read On!



We're nearly halfway through the year! What would you still like to achieve? Get on track with an [Insights Deeper Discovery](#) workshop. Our next one will be held on Wednesday, June 20th. More details about this transformative program on [our Eventbrite page](#).

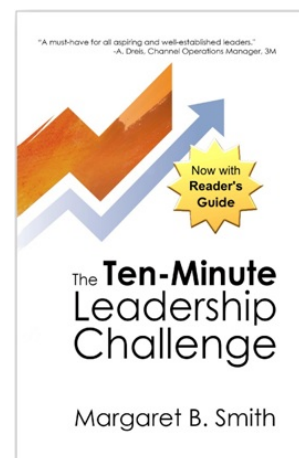
*"I left feeling affirmed and challenged to take those next couple steps on the way to the Real Me." -
Mary, workshop participant*



UXL's mission is to create leaders, promote positive change, and enable businesses and individuals to transform their dreams into reality. **Margaret Smith** is a career coach, speaker, author, licensed [Insights Discovery practitioner](#), and adjunct professor at St. Kate's University with 27 yrs experience as a Senior Leader for 3M. [Learn more about Margaret and UXL.](#)

The Ten-Minute Leadership Challenge is an instructive and interactive book meant to guide and motivate you to **achieve your full leadership potential**. Let this book be your constant companion as you learn **useful tips and gain valuable insights** to help you develop into a savvy business professional and a confident leader. Start your journey to success today. **Do you have ten minutes?**

[Click for more information on the Ten-Minute Leadership Challenge](#)



Are you a first-time supervisor or emerging leader? Build a Boss is the flagship program of the TAG Team, designed to enable and empower new leaders.

[Visit the TAG website for more details.](#)



Margaret is a licensed Insights Deeper Discovery practitioner. She guides individuals undergoing a transition through her program, [Intentional Discovery](#), co-founded with [Dr. Jean Davidson](#) (Davidson Consulting and Coaching).

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