

The Psychology of Success: Tips for Transitioning into the Workplace

Dr. Laura Mitchell

Director, Student Success Centre

Alumni Matters 2018

* give us your feedback and get a SMART

Not having
to fill
in bubbles

I don't
blame
different
to who
I want!

Timing
Precision
Good vibes
Any Day

The ability
to do what
you want
to do

My
wife is

MONEY

HARD
WORK
&
DAILY

to be
satisfied in
my life

Good
grades

Work -
School
1700
2000

What does success mean to you?

A+

be both
than
yesterday

Freedom

Living what
you do

Success

Apex

What you
want to
achieve

achieve
Goal -
fingr

Sleep :))

TRY
Your
Best :))

to accomplish
my dreams

To a
Hobby

to accomplish
my dreams

to accomplish
my dreams

OPPORTUNITY

PERFECT
SAG.
BOLGUESE

Shows
of
Sleep :))

A reason
to wake up
in the morning
😊

slacking off

health

Being Satisfied with life

Happiness

Being happy 😊

finding the right path

My family's pride & happiness

Ambition
Determination
Proactive

Getting feedback that I'm helping others.

Pursueing
★ my ★
!dreams!


! Proud !

peace
& better life

Happy Life 😊

Confidence
and Happiness

Hardwork 😊
Confidence 😊
not work

Happi
& being
to do

"Your book is terrific. It contains helpful advice and is easy to read." —WARREN BUFFETT

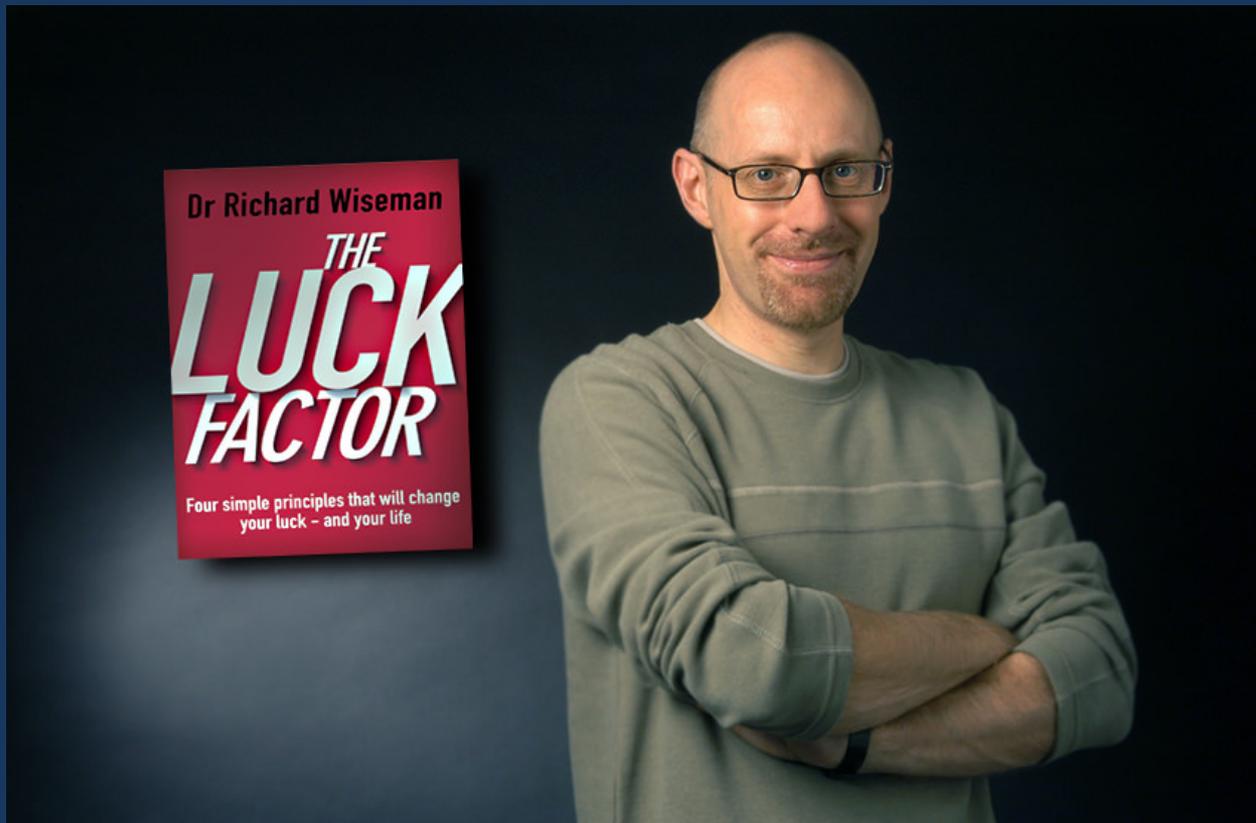
What I Learned Before I Sold to Warren Buffett

AN ENTREPRENEUR'S GUIDE TO DEVELOPING
A HIGHLY SUCCESSFUL COMPANY



BARNETT C. HELZBERG, JR.
Former CEO of Helzberg Diamonds

Which psychological factors boost success and luck?



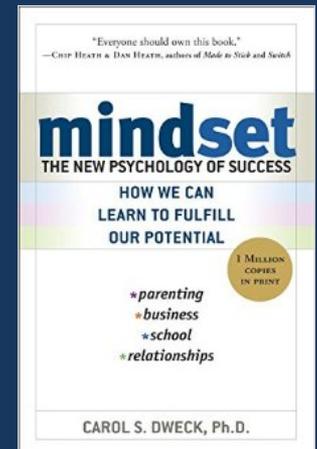
Successful people **create and notice opportunities**
– they are able to spot them and seize them



How do they achieve this?

- Overcoming anxiety and worry in order to feel more relaxed and open
- Introducing variety into their lives whenever possible

Openness to experience – a key to success throughout career development



How we perceive and deal with setbacks:

Resilience

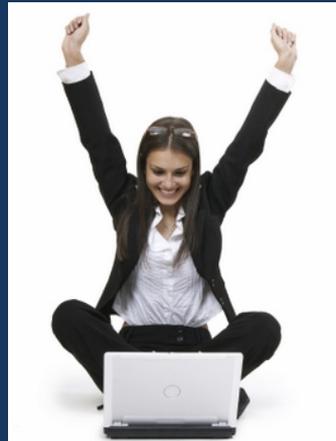
The ability to modulate and constructively harness the stress response

Basically – adapting usefully in the face of stress so that it doesn't break you



What a successful job search looks like:

no, yes!



"I just love being ignored!"

Said no one ever.

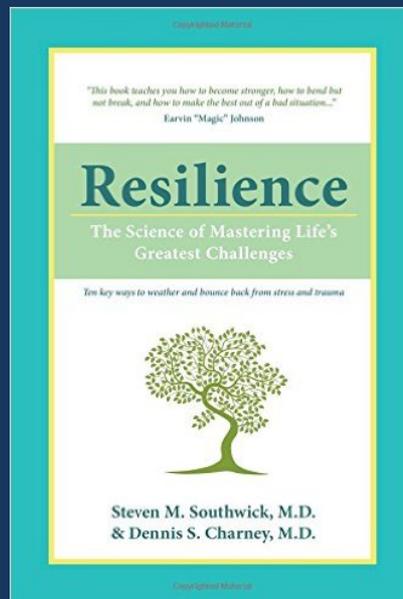


somee cards
user card

How to build resilience

Your level is partly inborn and formed in your early experiences, but –

All of us can increase our level of resilience



1. Physical fitness and practicing relaxation:

Look after yourself, and don't overlook the importance of this

2. Social support: Having others to turn to for advice and to help us

If they deal well with stress, all the better

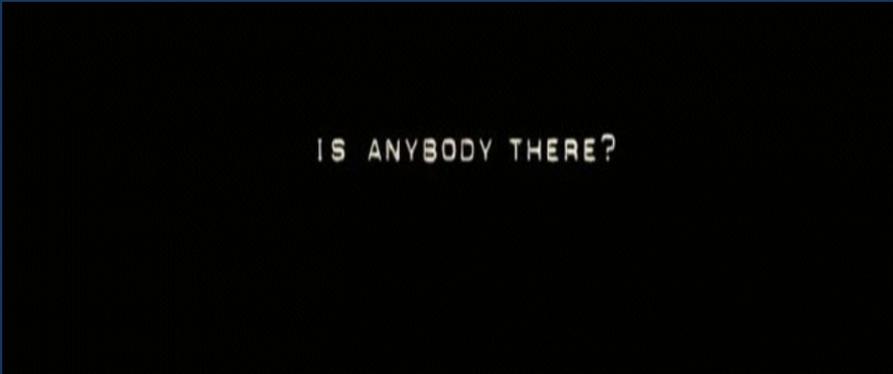
3. Enhance your **positive emotions** as much as you can

4. **Accept challenges and take risks** (even if just incrementally)

5. Learn to **re-interpret negative events**

Other traits linked to success in the workplace

- Openness to **feedback**
- Ability to keep going when feedback isn't instant or available



IS ANYBODY THERE?

Employers are looking for people who can see difficult tasks through, are undaunted by setbacks, and are open to and will act on constructive criticism



Note to self...

EntrepWorld

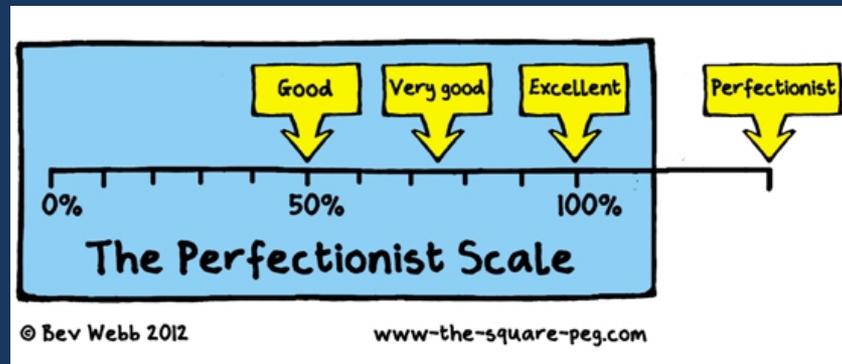
For when you feel 'why is this important at all?':
Know the reason your workplace exists, and
remind yourself of it when deciding how to
operate each day



Curb your perfectionism

When you have multiple tasks, you have to just let them go when they are 'good enough'

Too much conscientiousness can immobilise us through fear of failure and disapproval



If things are getting too much – ask your supervisor or boss to make time together and take their advice on prioritising and what you are spending too long on

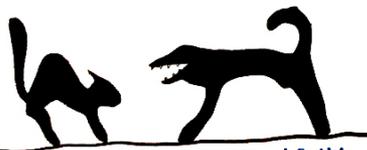
If delegating is part of your job, don't forgo it!



COLLABORATING with the ENEMY

COLLABORATION with DIVERSE OTHERS IS NOT EASY...

WHAT IT TAKES TO COLLABORATE IS 180° DIFFERENT!



GRAPHIC RECORDING BY ERIC LEONG
eric@decomplexit.com • (514) 466-4768

- 4 OPTIONS to DEAL WITH THINGS
- ☐ USING FORCE
 - ☐ BEING ADAPTIVE
 - ☐ EXITING
 - ☐ COLLABORATION

We need to ACT LIKE ONE!

↓

There ARE MULTIPLE WHOLES



NOT APPLICABLE IN COMPLEX SITUATIONS WE DON'T NEED AGREEMENT

CONTRARY TO WHAT I THOUGHT BEFORE... IT'S POSSIBLE TO WORK WITH PEOPLE I WON'T AND NEVER AGREE WITH!

JUAN MANUEL SANTOS

- STRETCH #1: LET'S RECOGNISE THERE ARE **MULTIPLE WHOLES**
- STRETCH #2: WE NEED TO **EXPERIMENT** OUR WAY FORWARD
- STRETCH #3: CONSIDER WHAT IS **MY ROLE** AND WHAT I SHOULD DO

How CAN WE LIVE WITH PERMANENT PLURALITY?

STRATEGY IS ALWAYS EMERGENT!



STRETCH COLLABORATION IS **REALISTIC** FOR WHERE THE WORLD IS AT...

KEY INSIGHTS: FEAR OF BEING A TRAITOR WHEN COLLABORATING WITH THE ENEMY



FEELING OUR WAY FORWARD

摸着石頭過河

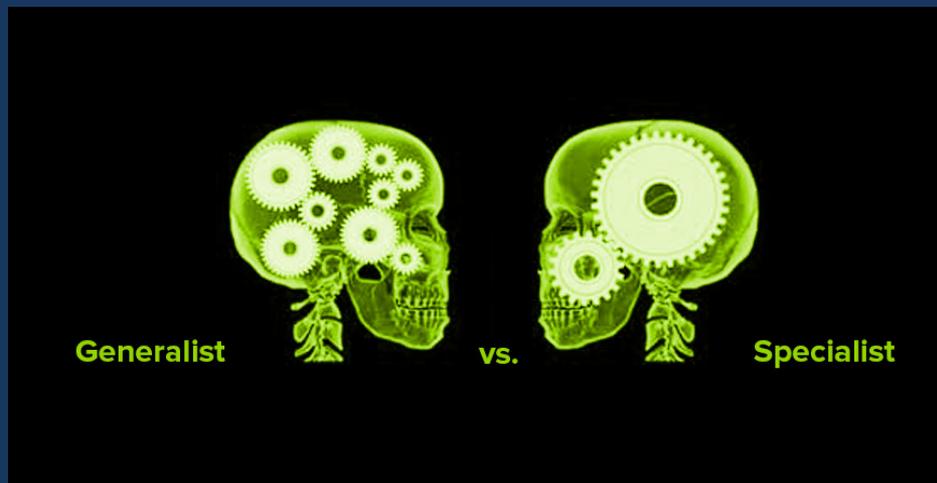
NEED TO TRUST THE PROCESS!



THIS IS A DAILY LIFE FOR POLITICIANS...

Foster your generalist skills

Understanding a broader context and having well-rounded skills are key to today's careers

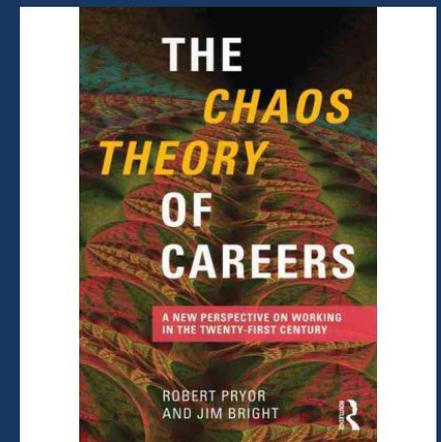


Flexibility

There's no harm ever in looking at your options
– you can always reject them

The Chaos Theory of Careers

Unpredictable factors do affect our trajectory, so
have the flexibility to follow different paths



Future Work Skills 2020

While all six drivers are important in shaping the landscape in which each skill emerges, the color-coding and placement here indicate which drivers have particular relevance to the development of each of the skills.

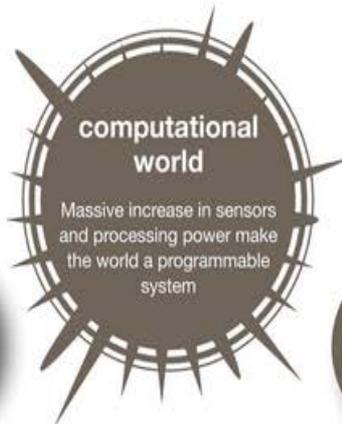
KEY



Drivers—disruptive shifts that will reshape the workforce landscape



Key skill needed in the future workforce



Remember we're still here for you!

Service	<1 year since graduation	1-2 years since graduation	>2 years since graduation
Career advising appointments	Yes (max. 8)	Yes (\$50 fee, max. 3)	No
Workshops	Yes	No	No
Use of CRC career library	Yes	Yes	Yes
Use of CAPS jobs postings (with alumni access)	Yes	Yes	Yes
Career fairs and company information sessions	Yes	Yes	Yes

Career and Planning Services are still available post-graduation

STUDENT SUCCESS CENTRE



PREPARED FOR TODAY.
READY FOR TOMORROW.

concordia.ca/studentsuccess