Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

New job or role?

Whether starting a new job, taking on a new role or dealing with a new manager, you likely want to show how good you are at your job. The reality is, we can't achieve success or recognition if what we're being asked to do or what success looks like seems unclear or ever-changing.

Following simple steps to gain clarity on how you can meet, or even exceed, your manager's expectations can help you succeed.



Clarify tasks

Understand the task at hand



Clarify success

Ask how success will be measured



Who's involved?

Map relationships that will help get the job done



Who can help?

Know how your manager will support you



Follow up

Put it in writing

Learn more about starting a new job

Starting a new job

clwsmh.com/resources/starting-a-new-job

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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