

## CAFFEINE FOR MANAGERS

Комаркова В.С.

Науковий керівник – викл. Слободянюк А.А.

Nowadays specialization «Management» is very popular. People think that everybody who studies «Management» has so easy studying and they will not find good job for themselves nowadays. But these people really don't know how hard you have to study to be a good manager.

People think that it's so good to be a manager. Everybody loves you and everybody respects you. When things go well it's great to be a manager. But as we all know the things do not always go well. And suddenly you understand that you can burn out. And in such moments you need something that will give you new power, something to inspire you, something to give you energy to keep on going. And in such moments you need «Management caffeine - a substance or in our case specific actions which manager can act to give himself more energy and more drive. Here are the best ways to motivate yourself as a manager not to go crazy when everything goes wrong.

Know what you are doing. A lot of managers are being kept in stress very often because they just don't know what they are doing. You have to control the work. But usually work control us. There is a good suggestion: before you leave your job, be sure you know what you will do tomorrow. If you know what you have to do and how to do it, it will be easier than to come next day and just to do it.

Ask your colleges to leave you alone. It's important to have time for yourself and to focus on things you have to do like a manager. When someone interrupts you it takes 2-8 min but you need 5-7 minutes after to go deep in something you were doing before. You must have your time to finish the work you need to be done.

Learn to be not a manager. Learn how to manage and lead. You need to grow and to learn every time. Usually when manager gets his work he stops growing because he thinks he knows already a lot and he does his work perfectly. So don't be just a manager. Every day learn something new how to manage and lead better.

Find yourself a hero. Or make a model of a hero. When you will face the problem and you will not know what to do ask yourself «What would my hero do in such case?». If you will use this advice you will be really surprised how much power it could give you.

Grow. Learn. Try. Investigate. And don't lose the ability to see possibilities. If you will do this you will have enough management caffeine for yourself and will be able to share with others.