

STARTING A NEW JOB

Starting a new job can feel overwhelming, but you've got this! Understanding why it feels hard and knowing what you can do to make it easier can help you settle in and feel more confident.



Why it feels hard

Starting a new job can feel challenging because you are learning new things and adjusting to a new environment.

- Learning new tasks and responsibilities.
- Meeting new co-workers and managers.
- Figuring out how things work and where you fit in.



Tips

Starting a new job is easier when you stay proactive, organised and open to learning. These tips can help get you started:

- Ask questions if you're not sure.
- Take notes in your first few shifts.
- Smile and introduce yourself to people.
- Check in with someone in your Crew if you're feeling unsure.



Building resilience for a new job

Building resilience can help you manage the challenges of starting a new job. These habits will help you manage expectations and maintain a positive outlook:

- Focus on progress, not perfection.
- Remember, everyone was new once.
- Celebrate small wins.



Things you can say

Proactive communication is key to a smooth start! These phrases help you introduce yourself, learn the ropes, and get the assistance you need.

- How long have you worked here? I just started in [role/department].
- What's your role here? Are you enjoying it?
- Do you have a moment to help me? I just want to make sure I'm doing this right.



Remember: Stay Connected with YourCrew

Checking in on YourCrew can be a simple way to let someone in your Crew know how you're feeling when navigating change and stay connected with people who support you.