

“SO HOW IS WORK?” THE BEST ANSWERS CHEAT SHEET

Have you ever dreaded being asked the question “How is work?”.

Most people probably have in some circumstances, but the fear of being asked about work is especially high if you’re in a career transition and you haven’t yet found your new way.

Here are some scripted answers you can provide in different situations and adapt to your own language :

- **Create a Temporary-Elevator-Pitch :**

Person : “How is work?”

You :

“I’m currently going through a period of transition and I’m still processing the change. When I’ll know more about it I’ll let you know.

- **Keep it short and turn your energy to them :**

Person : “How is work?”

You : “It’s going well. How is your work going ?

- **Turn the question into “How are you?” :**

Person : “How is work?”

You : “It’s going well. How are you ?

How are you let the person decide what to share and in which area of their lives to bring the focus.

- **Use humour**

Person : “How is work?”

You : “It’s quite boring, is your company hiring ?”

OR “Work it’s good. But guess what? I’m going to the Maldives next week”.

OR “Actually, I’ve been thinking a lot lately about _____”

INSIGHTS

Remember your WHY : It's much easier to own the stage you are in when you remember why you have decided to make the change in the first place !

This shift allows you to feel back into your power and confidence because you know where your decision came from and you can own it with others too.

"If you wanna be interesting, be interested" I will not forget this quote that I've heard for the first time few years ago in a workshop.

Very often when people ask questions they are thinking of themselves. As humans we're mostly focused on us, we seek to be heard and seen by others.

When you're worrying about what the person will think of you in this particular situation, you're focusing too much on yourself and getting self-conscious on what they will think of you. Shift your energy to them and get genuinely interested in them, their story and ways to let me feel heard and seen, and they will find you the most interesting person in the party.

If you want to go deeper and if you haven't already, read this blog post I wrote [3 boundaries to set with your loved ones these Christmas holidays when you're going through a career change.](#)