

The darkest hour

...is just before the dawn - so they say. "They" also say that every cloud has a silver lining.

The truth is that most events involving loss seem awful at the time. They require people to turn for support. But these same events actually hold the opportunity for the most significant growth – whether this is at a personal or corporate level.

Take any of the following:

- Redundancy
- Downsizing
- Loss of a major contract
- Bereavement
- Divorce
- Leaving school
- Children leaving home
- Retirement from work
- Retirement from a sport

To a greater or lesser degree, these are all events that can cause stress. They can cause people to hurt and it is important that they have time to grieve. It is important for those on the fringe to be sensitive and to be patient. People need time to pick up the pieces and move on. One of the biggest dangers is perhaps to move on too quickly, without a proper assessment of the situation. People may feel desperate, in need of a new relationship, a new job, an income. But for someone to dive in too quickly is to fail to learn lessons from the past and to fail to give chance for a lifetime of dreams and ideas to rise from their subconscious mind.

Likewise in corporations the loss of a contract could cause a desperate over-reaction to take on the wrong sort of work - just to "keep going". It would be much better to learn the lessons and evaluate the opportunities that couldn't be exploited in more busy times. This is exactly the right time for a "strategic stock-take".

If you know someone or some company that has suffered loss, remember this:

Time heals all.

Loss brings space.

Space provides opportunity.

But please be sensitive in the way you get this message across. Timing and language is everything, whether it is helping a friend or breaking new plans to a workforce that is still reeling from the last shockwave.

Clive Wilson

Managing Director of Primeast

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