

MT5.1_5 Individual Exercise: Help John and Sarah!

GROUP B

Sarah is a Senior Marketing Executive at a growing retail company. The company has recently undergone a major restructuring to adapt to changing market conditions. This restructuring has led to the introduction of new systems, altered team dynamics, and a shift in priorities, which has caused significant stress for Sarah. Her role has changed, and she's now managing a larger team with different responsibilities.

She feels overwhelmed by the rapid pace of change. The new systems and workflows are confusing, and her team is struggling to adjust to the shifting expectations. Sarah herself is under pressure to perform well in her new, expanded role, and she's worried about meeting expectations while managing her team's frustrations. The stress of adapting to so much change is taking a toll on her mental and physical health, causing her to feel anxious and burnt out.

Could you help her?

Read carefully the scenario given to your group. Discuss with the members of your group and answer the questions below.

- 1. What challenges is Sarah facing?***

- 2. How could Sarah overcome those challenges?***

- 3. What techniques would you suggest that they use?***

- 4. What advice would you give to Sarah to avoid being in similar situations in the future?***