

# WiP THEME: *Getting Unstuck*

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**Everyone will face a roadblock at some point in their career. It can be tough to decide how to move forward or to get “unstuck” in a frustrating situation. Yet it is important to acknowledge and address these challenges and find ways to move forward. Here are three ideas for creating a program around *getting unstuck*.**

## **1. Host a discussion. Some sample questions you can ask your group:**

- Can you share a time in your life where you felt stuck but managed to move through?
  - What stood in your way?
  - How did you manage to move through the place of stuck-ness?
  - What shifted for you to be able to move through? What was the key for you?
- Can you share one place in your life where you are stuck now?
  - What is standing in your way?
  - What ideas do you have for moving through?
- What’s the first thing you do when you feel stuck in a situation?
- How can we distinguish between self-imposed barriers and structural barriers?
- How do you identify your best “allies”? In a professional setting, who are the people you can ask for advice? How do you find them?
- Does anyone have a story about a total pivot they’ve done when facing a roadblock? For example, did someone change careers? Or completely rethink an approach to a project?

## **2. Work through an activity together:**

- Give everyone a piece of paper and have them create three columns.
  - Column one: Write down a goal you are working towards but having trouble reaching, or maybe just haven’t reached yet.
  - Column two: Identify the barriers to the goal.
  - Column three: Ideas for getting beyond the stuck-ness.
- Divide into pairs and share the goals and roadblocks and then brainstorm ideas to overcome the roadblock.
- Come back to larger groups or the full group to share highlights from the pair conversations. Note themes and learnings.
- Ask everyone to decide one action step they will take towards getting through their stuck point. Schedule a time for the pairs to check in with each other before your next meeting to support and cheer each other on, or even brainstorm the NEXT steps.

## **3. Invite a speaker to talk about his/her experience. Some ideas for people you can ask:**

- CEO/founder. Do you know someone who has started their own business or venture? Invite them to speak on the challenges they’ve faced and how they’ve overcome them.
- Ask your chapter for ideas. Pool your connections and identify someone you may already know.

*How did it go? Did you find something worked particularly well or not so well? Did you follow the script or make up your own? What did your group learn? Share your experiences in the Women inPower Facebook group so we can all learn from each other.*