



### **“Communication is Important During a Business Failure”**

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Let's face it, when a company begins to fail, the level of stress increases significantly around the workplace, and this heightened level of stress often (almost always) overflows into your personal life. This occurs whether you are a proponent of the business (in management or some other high capacity) or if you are an employee.

This stress is usually due to uncertainty about the future. People, high and low, like to know where they are headed, and sometimes (during a business failure) it might seem like we sitting in a spiraling jet and headed for the ground at terminal velocity.

Suppose that you are making every effort to fix your business and you are in the midst of a business turnaround.

Unfortunately, these bad feeling can come home with us and adversely affect our family life. First of all, these emotions are running high because of what is at stake here—losing the business. If your turnaround is not successful, you will likely be out of a job and you may even lose many of your personal assets.

Like it or not, your home life is going to be put under extra stress and your family members are gong to be either directly or indirectly affected.

If you are married, you may even lose your marriage as a result of this situation.

Instead of waiting passively for all of these problems to come around your home life, it is better to proactively address these issues.

What can you do to avoid possible problems arising at home as an indi-



rect result of the stress at work?

I can answer this in one word: COMMUNICATION.

If you fail to communicate with your family members, all that stress will build up and it is likely that trouble will start. If for no other reason than others in your family will begin to think that you are stressed out over something they are doing (or not doing).

If, on the other hand, you communicate with them about your situation at work, they will likely rally around you and be supportive. Unfortunately, many managers fail to communicate effectively with all their family members, and this leads to problems. Often, they talk with a spouse or significant others. What really needs to happen is a meeting of ALL THE FAMILY MEMBERS. In this meeting discuss what is going on at work. Let them know that you are under stress and working on the problem. That it will be over soon, one way or the other. Answer questions. Keep them updated.

If you do this simple thing—COMMUNICATE—you will save yourself a lot of trouble.