

5 Steps to Stress Free Project Management

By Naseem Mariam

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Life is peaceful and pleasant when you are a professional. You can be sure of your promotions and rewards as long as you do a good job and excel at what you do. However the moment you start managing projects and other people your own advancement now depends on other people's performance and how you enhance the teams output.

'Who are You ... and why should we care?'

As a project manager this is one question that You ignore at your peril. The answer to this question establishes trust and camaraderie in the team. If not addressed it leads to lack-luster performance and possibly project failure.

If you want to have your cake and eat it too: i.e. when you want to succeed at your business projects and at the same time have a lot of fun and enjoy a stress free life, it would help a lot if you took care to answer this unspoken question.


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Having empowered and delegated the responsibility of the project to appropriate people, do everyone on the project a huge favor: Get out of the way. Do not breathe down their backs ... let them make a few mistakes, take a few risks and let them grow on their own. This is the hardest thing a manager needs to do and it very essential for the project's success.

#### 5. Be available as an escalation point

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You should track the progress and ensure that the status of the project is healthy. Let the team leaders know you are available to help them out at any time. You should take on the role of an external consultant and that of the customer and client's representative. As part of the team rules, define how and when they should approach you. Describe a few escalation scenarios so that the team is aware that there are situations when you should be contacted for help at the earliest.

Here we have seen how answering the unspoken question "Who are you ... and why should we care?" helps you enjoy a stress free management life.

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<http://www.123projectmanagement.com/team-building-winning-teams.html>

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About the author

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Naseem Mariam is the editor of "Management that Soars" Newsletter & author of "Project Serenity - How to gain happiness and peace". Let her guide you towards Faster All Round Success and a Stress Free, Joyous Life. Her free ebook and Newsletter tell You How. Subscribe with a blank mail to <mailto:projectdioxide@sendfree.com>. Visit her at <http://www.123projectmanagement.com>

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