

Should you ask for help?

 By [Juliette Atwell](#)

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In this week's column we look at how to ask for help when thrown in the deep-end.

I have recently been promoted and I've been given more responsibilities. Although I'm very excited I do feel like I've been dropped in the deep end. Should I ask for some sort of training? Or will this make me look like I don't know what I'm doing and I don't deserve the promotion? - Tumi

Hi Tumi,



Image: www.freedigitalphotos.net

Thanks for your question. I think you are very brave to admit that you feel a little overwhelmed and I commend you for that.

You would be surprised to find out that probably 80% of people feel like they don't know what they're doing in a new position. So it's completely normal and very common, so don't stress.

My answer is yes, you should definitely ask if you don't know how to do something and also ask your manager for more training. This will definitely not take credibility away from you, in fact it is far better to ask before just steaming ahead with a task at the risk of doing it incorrectly. I am absolutely sure your superiors would appreciate you asking before doing.

Good luck Tumi, I'm sure you'll learn in no time at all.

Always love what you do!

Juliette

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ABOUT JULIETTE ATTWELL

Juliette Attwell is Head of Marketing & Operations at Recruitgroup. Recruitgroup has won Careerjunction Recruiter of the Year in 2010, 2012, 2013 and 2014 as well as Fast Growth Business of the Year at the National Business Awards 2014. Juliette holds a Bcom Honours in Marketing Management and is the resident "agony aunt" on the BizCareers Column, she was also a finalist in the Top Young Executive at the National Business Awards 2014.
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