

Seven ways that help you deal with a difficult boss



By Ali Amiri
Staff writer

EXCLUSIVE

Dealing with a difficult boss is one of the most challenging experiences anyone can experience in their professional life. Having experienced this firsthand, I actually know how it feels to be frustrated, anxious, and demotivated. But through research and asking for advice, I have found that managing a difficult boss is not impossible. With time, I've learned some effective ways to handle the situation while maintaining my sanity. Now, in the hope that you, too, can find helpful advice or minimal solace, I'll share my experience and insights on how to deal with a difficult boss and, eventually, how to thrive in your career.

Communicate effectively

Communication is the key when dealing with anyone, especially a boss who's making your life more difficult than is necessary. Be clear and concise in your communication with them, avoid any sort of misunderstandings, and be open to honest feedback. If you do this, I'll guarantee that you will understand your boss's

expectations. In addition, you can also communicate your own needs and concerns.

Set boundaries

Many of us tend to forget the importance of boundaries in our personal and social lives. Setting boundaries is, indeed, particularly crucial when dealing with any kind of boss, let alone a difficult one. Try to be clear about what you can and cannot do, and ensure that your boss understands your limitations. This will, in the long run, help you avoid being overloaded with work. In addition, this prevents you being asked to do things that are beyond your capacity and obligations.

Stay calm

One thing to never forget in dealing with someone who's not your ally and tends to antagonize you is to remain calm and composed. Avoid reacting emotionally at all times, and instead take a step back to assess the situation. In this way, you will buy yourself some time to think clearly and find solutions to the problem.

Focus on solutions

Also, instead of dwelling on the problem, focus on

finding solutions. This will signal your readiness to strike a deal with your boss. Brainstorm ideas and come up with a plan of action to address the issue at hand. Do this and see its magical results. Finding solutions puts you in control of the situation, and helps you find a way forward in difficult situations.

Build relationships

Building relationships is very much like planting fruit trees. You'll reap the benefits with a little bit of patience. So, try to build good relationships with your boss and colleagues, and see how this can help alleviate tension and make it easier to deal with a tough work environment. Be friendly, approachable, and supportive of others. Remember that creating a positive work environment and reducing stress levels thereabout is key to a healthy career.

Seek support

I have found that in stressful times there is nothing better than real support from family and friends. Therefore, it's very important to seek support when dealing with a difficult boss. Talk to anybody whom you could see as a mentor, seek advice from colleagues, or



even speak to HR – actually, if the time comes, don't hesitate to. Real support helps you find an objective perspective on the situation and find ways to manage it effectively. In short, it gets you through tough times.

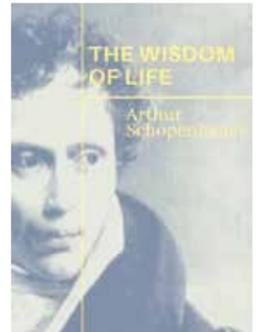
Take care of yourself

Lastly, and I cannot stress this enough: take care of yourself. Be sure to prioritize self-care, set aside time for hobbies and activities that bring you joy. Also, ensure that you are not overworking yourself – consider this a no-no. By taking care of yourself, you maintain

your physical and mental health, which is essential for managing stress and staying productive at work. Perhaps now you, too, can see that dealing with a difficult boss, albeit challenging, is not impossible. By communicating effectively, setting boundaries, staying calm, focusing on solutions, building relationships, seeking support, and taking care of yourself, you can manage the situation effectively and maintain your sanity in the process. And never forget: you work to live, not the other way around.

IRAN READS

'The Wisdom of Life' by Arthur Schopenhauer



EXCLUSIVE

Arthur Schopenhauer's 'The Wisdom of Life', one of the most popular philosophy books in Iran and an all-time bestseller, is a philosophical masterpiece that explores the meaning of life and the pursuit of happiness. In this book, Schopenhauer presents his views on human existence and offers a practical guide to living a fulfilling life. One of the key themes of the book is the importance of self-awareness. Schopenhauer argues that we must understand ourselves before we can find true happiness. He writes, "The first and foremost rule for the wise conduct of life seems to be to cultivate one's own powers, to know oneself." Another important concept in the book is the idea that happiness cannot be found through external sources, such as wealth or fame. Schopenhauer writes, "Wealth is like sea-water; the more we drink, the thirstier we become; and the same is true of fame." Instead, Schopenhauer suggests that true happiness comes from within. He writes, "The greatest happiness you can have is knowing that you do not necessarily require happiness." Throughout the book, Schopenhauer offers practical advice on how to live a fulfilling life. He emphasizes the importance of setting realistic goals and pursuing them with passion and dedication. He also stresses the importance of developing meaningful relationships and cultivating a sense of community. "The Wisdom of Life" is a thought-provoking and insightful book that offers valuable guidance on how to live a fulfilling life. Particularly useful during hard times, Schopenhauer's philosophy is both practical and profound, and his insights are as relevant today as they were when the book was first published in 1851. Rated a staggering 4.1 out of 5 on Goodreads, 'The Wisdom of Life' sounds like a must-read for anyone who is interested in philosophy. Schopenhauer's wisdom and insights are sure to inspire reader from around the globe including Iranians to live their best lives. As he writes, "The two enemies of human happiness are pain and boredom." This book is an antidote to both.

Maryam Mirzakhani was a trailblazer in mathematics

Social Desk

EXCLUSIVE

Tomorrow, on the International Women in Mathematics Day, we celebrate the life and achievements of Maryam Mirzakhani, a pioneering Iranian mathematician who broke barriers and inspired countless women to pursue careers in mathematics. Born on



May 12, 1977, in Tehran, Iran, Mirzakhani's journey to becoming a world-renowned mathematician was marked by determination, resilience, and a passion for problem-solving. Maryam Mirzakhani grew up in a middle-class family in Tehran, where her father worked as an electrical engineer. Her early interest in mathematics was sparked by her older brother, who shared his knowledge of mathematical puzzles and problems with her. Mirzakhani attended the Farzanegan School, an institution for gifted students, where she was encouraged to pursue her passion for mathematics. In 1994 and 1995, Mirzakhani made history by

becoming the first Iranian female student to win gold medals at the International Mathematical Olympiad. Her exceptional performance caught the attention of the global mathematics community and paved the way for her future academic pursuits.

Having earned a Bachelor of Science degree in mathematics from Sharif University of Technology in Tehran in 1999, Mirzakhani moved to the United States to continue her education. She then pursued her Ph.D. at Harvard University under the guidance of Curtis McMullen, a Fields Medalist himself. In 2004, she completed her thesis on hyperbolic geometry, which laid the foundation

for her groundbreaking work in the field.

Mirzakhani's research focused on the dynamics and geometry of complex surfaces, particularly Riemann surfaces and their moduli spaces. Her work had far-reaching implications in various fields, including string theory, quantum field theory, and the study of prime numbers.

In 2008, Mirzakhani accepted a position as a professor at Stanford University, where she continued her research and mentored the next generation of mathematicians. Her work earned her numerous accolades, including the 2009 Blumenthal Award for the Advancement of Research in Pure Mathematics and the 2013 AMS Ruth Lyttle Satter Prize in Mathematics.

In 2014, Maryam Mirzakhani made history as the first woman and the first Iranian to be awarded the Fields Medal, often referred to as the "Nobel Prize of Mathematics." The International Mathematical Union recognized her for her outstanding contributions to the understanding of the dynamics and geometry of Riemann surfaces and their moduli spaces.

Mirzakhani's groundbreak-



ing achievements not only shattered glass ceilings in the world of mathematics but also served as an inspiration for women and girls worldwide to pursue careers in Science, Technology, Engineering and Mathematics (STEM) fields. Her perseverance and dedication to her work have left an indelible mark on the mathematics community and beyond.

Sadly, Maryam Mirzakhani passed away on July 14, 2017, after a courageous battle with breast cancer. She was only 40 years old. Despite her untimely death, her legacy lives on through her groundbreaking research, her students, and the countless women she inspired to pursue their dreams in mathematics.

