

STAY OR GO?



Life often places us at a crossroads, especially in high-pressure environments like professional practice. The dilemma of whether to stay in your current position or move on can evoke a storm of emotions.

Anxiety usually tops the list with an array of other feelings.

Fear of the unknown prevents the required action.

For those with a highly analytical and intelligent mind, the decisions can feel even more complex, as overthinking often exacerbates indecision.

For those working in multi provider or corporate owned professional environments—dentistry, medicine, law and accounting for example, the challenges are well known:

- Cultural Misalignments: Differences in values, leadership styles, or management approaches can erode morale.
- Limited Autonomy: Feeling trapped in a system where decisions trickle down without your input.
- Burnout: Relentless pressure and demands can lead to a state of physical and emotional exhaustion.

When these factors compound, they create a pressing question: Should I stay, or should I go?



The Questions That Matter

Before making any decision, focus on two simple but profound questions:

1. Am I happy?
2. Am I earning my worth with respect to my contribution?

If the answer to both is “no,” the decision is clear—you need to move on.

Just do it. You will be happier.

If you answer “yes” to only one of the above, the choice becomes more nuanced.

One of my mentors offers this timeless wisdom:

“When you reach a fork in the road; take it.”

This doesn’t mean rushing into a decision, but rather embracing the need for action, knowing that clarity often comes in motion, not stagnation.

Money follows happiness, not the reverse: Pursuing what brings you joy often opens doors to financial opportunities.

Final Thoughts

When standing at the fork in the road of your life and career paths, the worst thing you can do is stand still, waiting for a perfect sign that may never come.

Your actions will create momentum, and momentum may lead to clarity.

So, should you stay, or should you go? Only you can decide. But whatever you choose, make the decision with conviction, knowing that every step forward is a step toward growth and self-discovery.

These articles are published with the help of the ever-increasing number of doctors who are confiding in me. The common denominator is a lack of career satisfaction which is primarily rooted in professional divisions amongst the owners and other doctors.

Business and clinical ethics, poorly managed human resources, and lack of respect are the most frequent comments.

Your story is safe with me. Share if you wish.

Need to Chat? **TEXT me @ (416) 520-7420**

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