

Your Career Transition Coach ...
Helps you deal with emotions and find a new career path

- **You go through a grieving period when you lose your job**
 - the emotions you will experience are very similar to those you experience when you lose someone close to you through death or divorce
denial / anger / shock / fear / frustration / confusion / stress

- **Our identities become entwined with the positions we have in our jobs**
 - when we lose our jobs we lose our identity
 - when people meet, the second or third question usually revolves around *“what do you do for a living?”*
 - without a job we can feel like we are a failure or lose social status

- **To get over losing a job can take days, hours, weeks or months, depending on the individual**
 - often, how you were treated by your former employer has a great deal to do with how much time it takes to get over losing your job

- **When asked what you are doing – avoid saying “I’m unemployed”**
 - develop a simple and positive response and be prepared to be asked this question
 - *“I’m in an active job search”*
 - *“I’m taking this opportunity to explore my options”*

- **It is alright to stay in touch with former colleagues – to maintain friendships and acquaintances – not to gossip and complain**

- **Letting go of an employer / boss can be tough**
 - it is acceptable to feel good about the things you loved in your job

- **Two processes take place after job loss**
 - 1. One process (left brain) takes care of the mechanics of job search and applying for new jobs
 - 2. The other process (right brain) attempts to handle the negative feelings and emotions
 - it can destroy your job search if you do not deal with the anger component

- **Surround yourself with people ... people you can talk to**
 - if you are a spiritual person you will likely have an easier time coping. Faith that everything will be resolved is powerful

- **Regular exercise! ... the best medicine**
 - a great way to deal with the anger, stress and depression **and** it is good for your body and soul

• **Consider the lose of your job as an opportunity for change**

- do not assume you must stay in the same industry or job position, even though you may have a feeling that it will be easier to do so. Easy is not always the best

• **Don't burn any bridges**

- Count to "10" and bite your tongue. Reacting impulsively will only eliminate potential good references, contacts and sources of business information in the future ... take the high road ... it's only a bruised ego tempting you to "blow."

Once your grieving has subsided, you are left with a sense of peace ... even joy

Your coach can assist you with ... *What's best for you?*

Financial Direction ...

- guidance on using your severance wisely

Resume Development

- assistance in developing an effective resume

Developing a Strategy for "Job Search"

- determining ... Who are you?
- personal development program to meet your career expectations
- evaluating different types of workplace options
- searching for a career, not just a job
- how to network
- preparing for the job interview
- post interview discussions

Contract Negotiations

- assistance in negotiating the "right" terms and conditions for you

*Your coach will never tell you what to do ...
just ask the tough questions to help you determine what you should do!*

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