

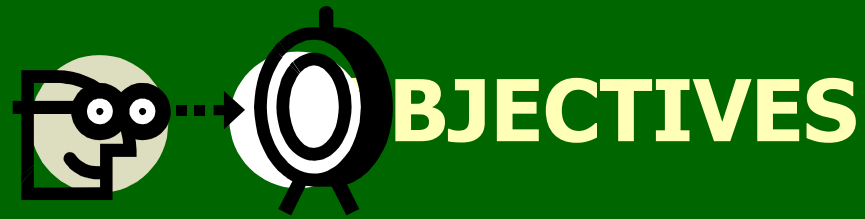
Layoff During Difficult Times The End or a New Beginning?





AGENDA

- Introduction
- Self Awareness Exercise
- Overcoming Fear
- Getting the job you desire
- Goal Setting
- Questions/Answers



- Explore various reactions to an instant change
- Face Fears and techniques for overcoming them
- Discover the power of attitude and positive thinking
- Identify your inner strengths
- Define goals
- Develop an action plan to get the job you desire



GUIDELINES

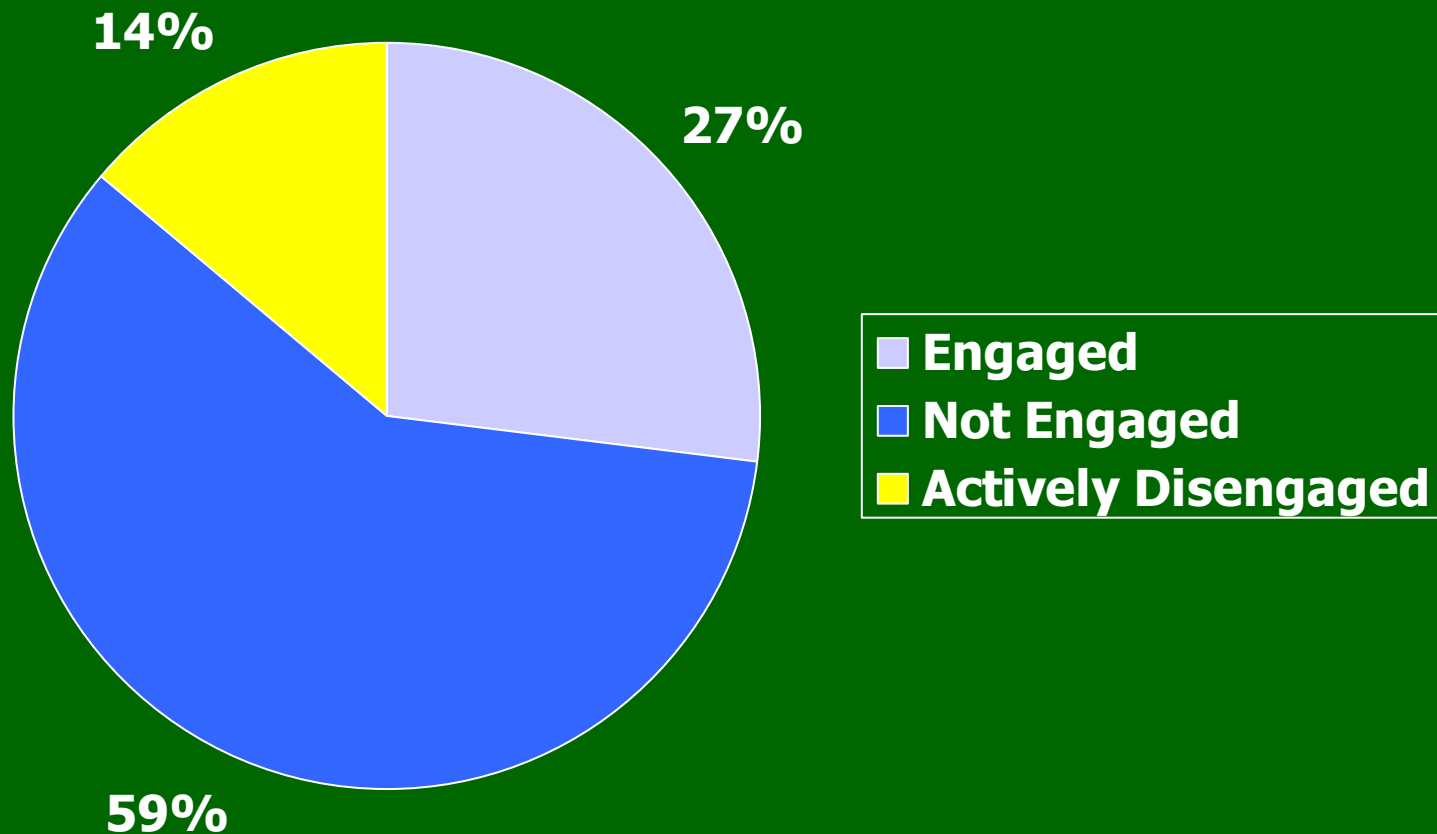
- ☐ Respect each other
 - ✓ One person may speak at a time
 - ✓ Listen to each other
 - ✓ Confidentiality
- ☐ Show your participation
 - ✓ Ask questions
 - ✓ Voice your opinions
- ☐ Avoid interruptions
 - ✓ Turn your cell phones off
- ☐ Have fun !!!

Getting to know YOU



- What's your name?
 - With which company were you with?
 - What's the story behind it?
 - What was good/not good about your job/employer?
-
- Write one current challenge on a piece of paper!

THE THREE TYPES OF EMPLOYEES



Gallup Management Journal Survey 2005

IT ALL BEGINS WITH SELF AWARENESS

- Know your strengths
- Acknowledge your weaknesses
- Know what you want to improve
- Know where you want to go
- Know your emotions
- Manage your emotions
- Recognize and understand other people's emotions
- WHAT DO YOU WANT?



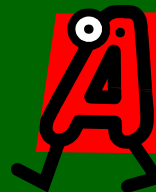
What prevents you from moving forward?



FALSE



EVIDENCE



APPEARING



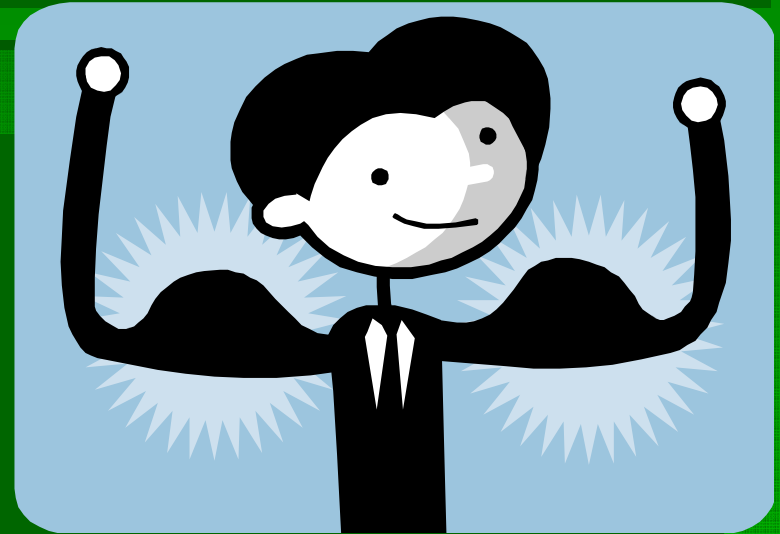
REAL



Why should someone hire YOU?

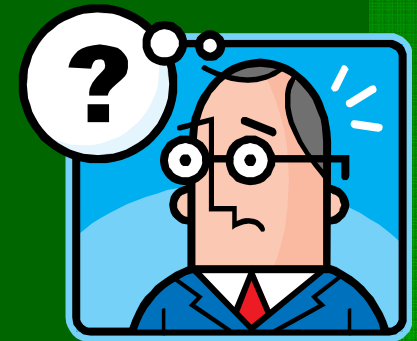
What are....

1. your strengths?
2. your weaknesses?
3. your talents?
4. your values?
5. your accomplishments?



Getting “the job” you want

1. Decide and define in writing what kind of job you want
2. Choose the specific company
3. Do your homework – study policies, personnel, chances of advancement
4. Own your values, strengths and weaknesses
5. Forget about “a job” – concentrate on what you can give
6. Develop a plan and put it on paper



You get out what you put in

- Use every single method possible to track down the right job and organization for you
- Be aware of the types of companies/organizations that are interviewing you the most
- Ask for feedback and possible referrals from employers who reject you for a job
- Call potential employers on the phone prior to sending a resume to express your interest
- Investigate what other job seekers are doing that appears to be working in the job market
- Networking



You get out what you put in

- Showcase your skills in front of potential employers
- Allow employers to talk about themselves as much as possible during interviews
- Get your resume professionally reviewed to make the best impression possible
- Present a professional appearance
- Apply to even more jobs than you are right now
- Reapply to the same jobs. Do not give up if you do not get the job the first time
- Follow-up with a thank you card or email



YOUR typical day

- 6 am - get up, eat breakfast
- 7 am - exercise
- 8 am - check emails / send emails
- 9 am – 11 am - workopolis, monster
- 11 am – 12 pm - education / read
- 12 pm – 1 pm - lunch break
- 1 pm – 2 pm - research on companies
- 2 pm – 5 pm - networking
- 5 pm - check emails / send emails



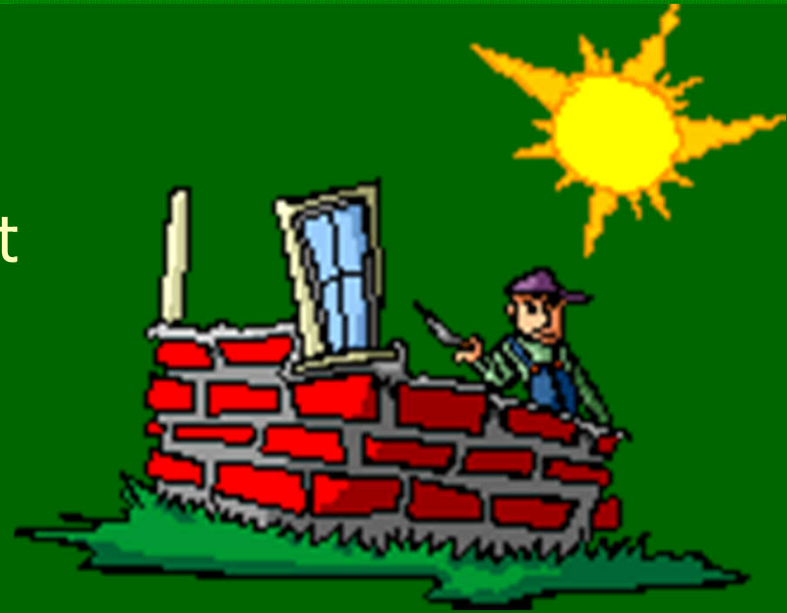
GOALS AND COMMITMENT EXERCISE

- What is a goal?
- Do you have your goals written down?
- Why? Why not?
- Where will a goal get you?



MY GOALS AND COMMITMENTS FOR...

..... Personal Development



FINAL THOUGHT

**Watch your thoughts – they become words.
Watch your words – they become actions.
Watch your actions – they become habits.
Watch your habits – they become character.
Watch your character – it becomes your destiny.**

Frank Outlaw

