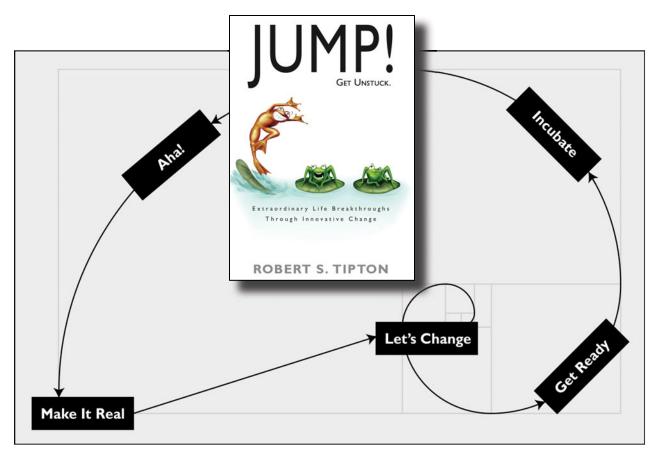


#### **Getting Unstuck for Job Seekers**



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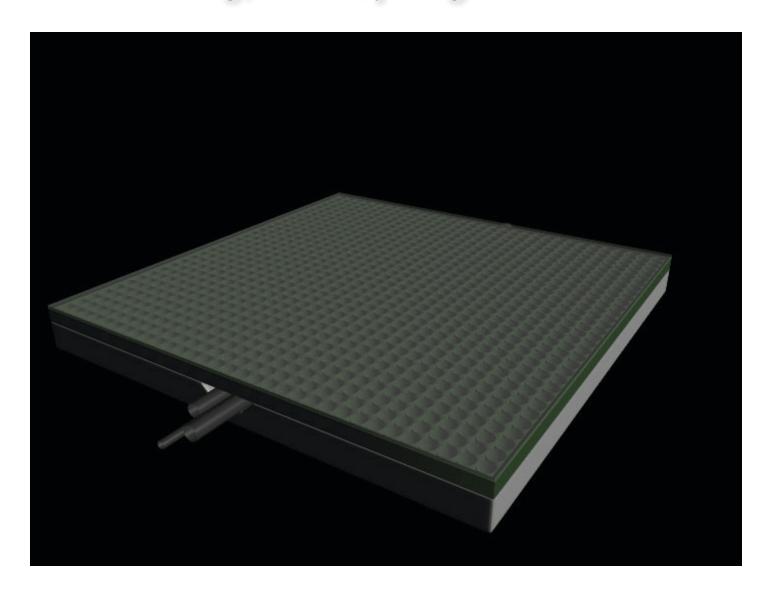
#### The Most Powerful Question . . .

## What If?

#### Dream About What Might Be



#### New Thinking, New Synergies . . .



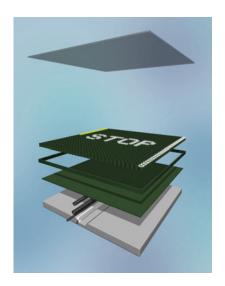


#### New Thinking, New Synergies . . .







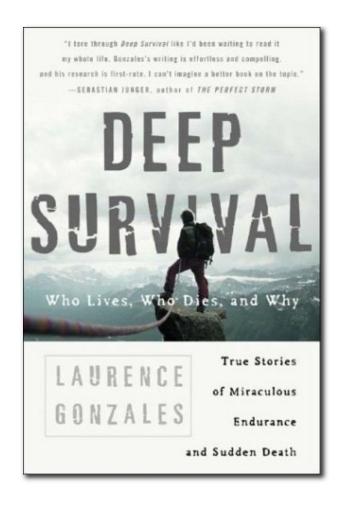




#### Adapting to New Realities

#### 12 Rules of Survival

- Perceive and Believe
- Stay Calm, Use Your Anger
- Think, Analyze and Plan
- Take Correct, Decisive Action
- Celebrate Your Successes
- Be a Rescuer, Not a Victim
- Enjoy the Survival Journey
- See the Beauty
- **Believe That You Will Succeed**
- Surrender
- Do Whatever is Necessary
- Never Give Up



"It's not that I'm smart, it's just that I stay with the problems longer."

Albert Einstein



#### Adapting to New Realities

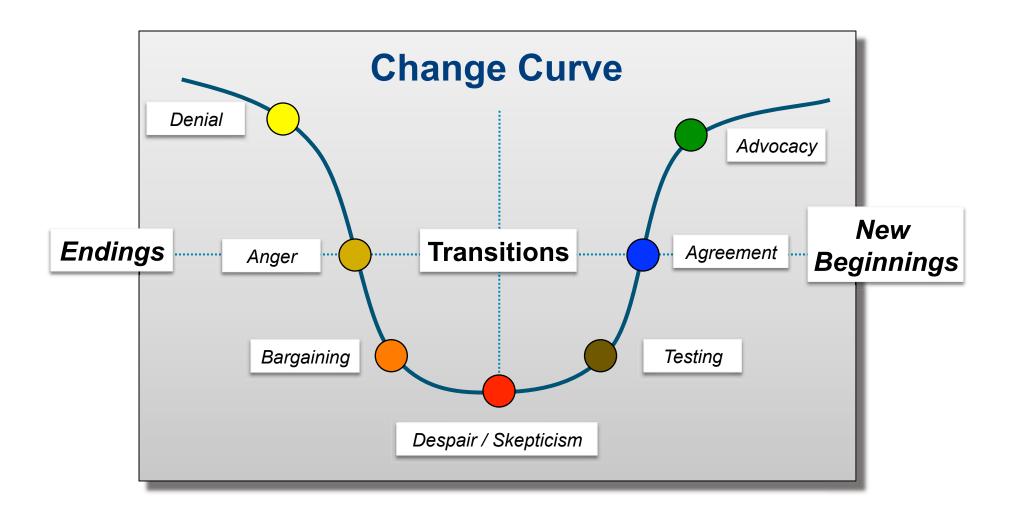
The key to surviving:

# Adapt quickly to new realities...



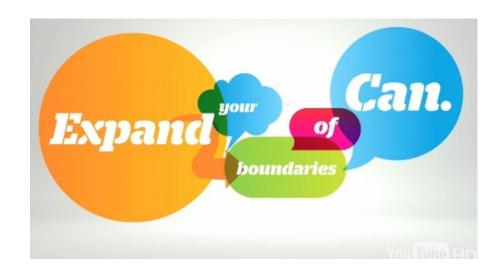
#### Change Is a Grieving Process

If It's Not Happening To You, It Can't Happen Through You





## Be Open to New Possibilities





# Get Clear AboutYour Best Option(s)



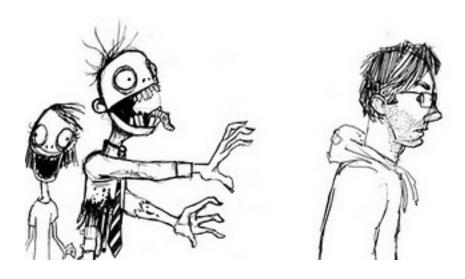


## Get Moving. Forward!





# Get Ahead and Stay Ahead . . .





Find More Joy,
 Create Better
 Results



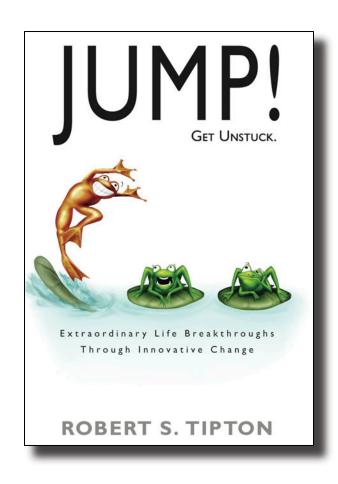


#### Homework

- Incorporate this workshop into your job search support group or networking group
- Find at least one other person to share this experience with you (a fellow job seeker, family or friend)
- More fully understand your impetus to move forward
  - -Survival / Success / Significance
- Reflect on the "Change Curve" and describe to your support group your feelings / thoughts / perspectives on where you are and have been related to your job search
  - Denial, Anger, Bargaining, Despair / Skepticism
  - Testing, Agreement, Advocacy, etc.



### Thank You – I Look Forward to Hearing From You!



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