



Job Search Courage Guide

1. Why do you need courage in this transition?

How will you use it?

2. Job Market Data - The 20,000 foot view

Ideas to ponder or things to do

3. Bridges Model for Transition

Endings _____

Middles _____

Beginnings _____

*"You can have fear
but you don't need to
be your fear... you
can choose to stand
in other places -
hope, beauty, family,
your own mortality"
- Parker Palmer*

4. Naming and Conquering Our Fears

Fears	Ways to Conquer/Resources

5. Parker Palmer's Shadows

Shadow	Meaning/Applications in Life
Life is a battleground	
Denial of death	
Functional atheism	
Natural chaos of life	
Our insecurities	

*"Accepting what is
brings you away from
the negativity which
is the mind and
moves you toward
your true Being"
- Eckhart Tolle*



"If you're in transition and you happen to have an old faith hanging in the closet of your heart, it's probably a good time to bring it out and dust it off."
- Dick Bolles

6. Faith "Hanging in a closet" or Foxhole Religion?

How does it come into play in your Transition?

Write a statement of how your faith can play a role in your transition.

Job Search 101

7. Myths...

Name one or two which might be getting in the way of your transition progress.

8. Which Jack Falvey principle is most meaningful for you? Why?

"All networking comes down to the same thing - asking the right questions, saying the right thing, at the right time, to the right person, with a positive impact."

9. Research & Organizational Culture

How you can conduct better research and how understanding culture may be useful.

10. Elevator Speech / Branding

Ideas, Facts, Issues

11. Net-WORKING

Name 3-5 key people who believe in you and who will support you emotionally with useful information as well as contacts.

Name 3-5 new people you will "cold call" for information and learning, not for job leads.



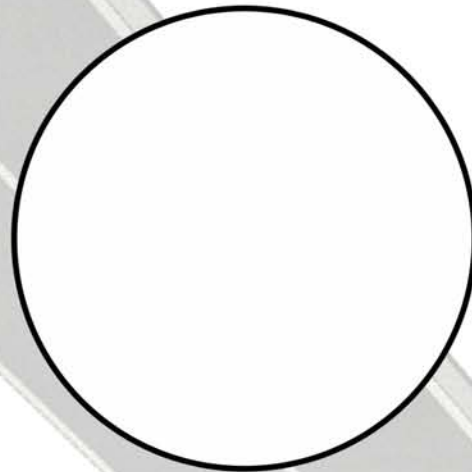
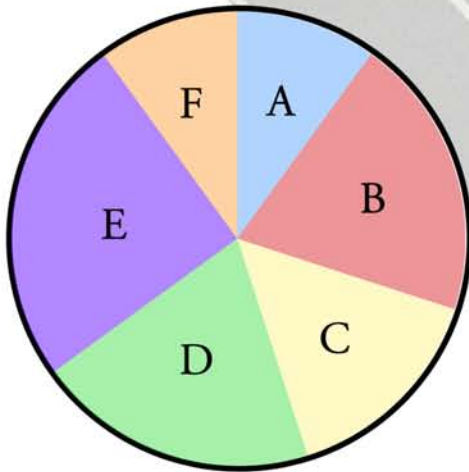
12. The Resume and other tools. Check if complete or in need of work.

- Resume: Functional, Chronological, Combination, Executive Summary
- Email and Letter Templates
- Portfolio: Web, Print
- Linked In Profile

Notes

13. Priorities and Plans

Viewing all the time and energy you will commit to making a successful life/career transition as 100%, make a pie chart showing the % of time/energy you will commit to various strategies and activities.



- A. Job Boards 10%
- B. Networking - Friends
- C. Networking - Cold Calls 15%
- D. Linked In - 20%
- E. Research - Get smarter in my field 25%
- F. Practice 10%

"We learn who we have been and who we might become - in practice, not in theory & by testing fantasy and reality, through exploration and examination, not just by looking inside."

- Herminia Ibarra, Ph.D.

14. Zen Approach

Think deeply about a situation present or potential where you might apply instinct or intuition to gain an advantage, accomplishment or step in the right direction.



15. What IFs

Name any “mental phantoms” which may be obscuring or blocking your progress....

16. Your Security

Name the people, forces, beliefs, and/or ideas that form the foundation for your true security... and faith.

17. Doing The Next Thing

Contact:

Get a meeting with:

Conduct research on:

Prepare:

Get great questions together for:

Reflect or pray on:

Other:

18. State how you might feel different about courage after this workshop.

“Courage helps us accept what cannot be changed and to struggle through what needs to be changed. Courage helps us to gently say what we believe, to hold on to what we know is of value despite the risk of rejection, doubt or failure. Courage empowers us to try again when there seems to be only repeated failure. Courage is never learned overnight. It results from long years of practice and patience. Being brave enough to face what life sends us.”

- Joyce Rupp

