ADAPTING TO CAREER CHANGE

SEPTEMBER 15, 2012
PHYSICAL ACTIVITY / VOLUNTEERISM
INTERESTS / PASSION / FUN
Family
Spiritual
Friends
Self
Work
Assess who you really are and where you want to be.

- Who am I?
- Where do I want to go?
- How will I get there?
Determine what you love to do.

- Skills and Abilities
- Personality Tendencies
- Values, Dreams and Passions
Analyze what you can offer others.

Determine your:
- Desires
- Attitude
- Temperament
- Assets
Pinpoint specific goals.

- What are your goals in your life?
- What do you want to accomplish?
Target your core competencies.

- What do you want your epitaph to say?
- What do you strive for in life?
- What do you excel at?
- What kind of a person are you?
- What situations make you the most satisfied?
- What strengths from your personal life can you use to your benefit?
- How are you involved in your community?
- What types of jobs make you think, “I want to do that!”?
- What your friends say about your career?
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Implement a mission statement based on your overall self-evaluation. Cite what you want to accomplish and offer.
Go for it –

Pick up the telephone and tell everyone you know what you do.
FOCUSED EXPERIMENTATION

- It is okay to look at different avenues.
- Lean on who you are and what you want.
- Focus on each interest as if it’s the highest priority.
TAKING RISKS
ADAPTING WITHIN

Listen

Be willing to learn

Be willing to help

Follow up

Go the extra

Produce Quick Wins
Assess who you are

Determine your passions

Analyze your traits

Pinpoint your goals

Target your core competencies

• Take Action
• Network
• Build your Brand Identity
• Capitalize on everything
• Listen, Help, Learn, Do, Win

ADAPT OPTIMISTICALLY