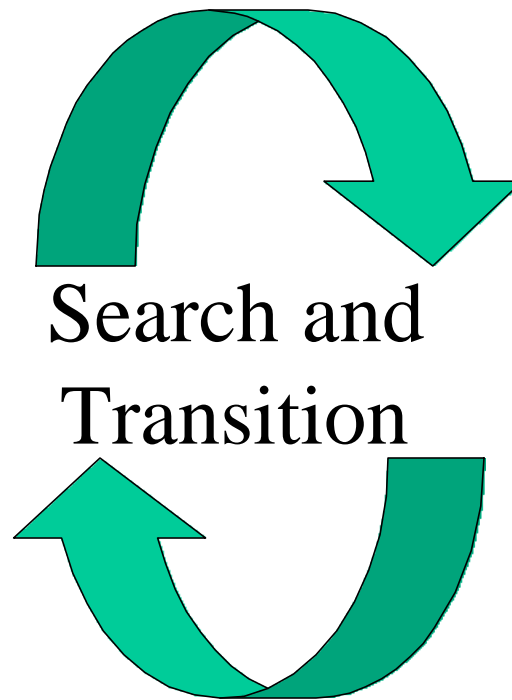


How Coaching Helped My Career Transition



Deciding on
Early Retirement

April 2, 2003



Going Forward



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Changing Careers: My Story

- Deciding on Early Retirement
- Preparing to be Unemployed
- Learning Job Search Skills
- Reality Checking
- Seizing New Opportunities
- Letting Go of Your Past Job Identity



Deciding on Early Retirement

The Issues to Address

- The Opportunity
- Risk / Benefit Analysis
- Deciding
- Accepting the Offer
- Preparing to Leave
- Farewells and Terminating

What a Coach Might Ask

- What do you want?
- What is the impact on others?
- What would success look like?
- How does it feel?
- How will you get closure?
- What needs to be said?



Preparing to be Unemployed

The Issues to Address

- A Time for Clearing
- Transition Details
- New Beginnings
- Informing Others
- Reflection

What a Coach Might Ask

- What would ease the transition?
- What needs to be done now?
- What is your calling?
- Who needs to be informed?
- What will you do to bring perspective to your decision?

Learning Job Searching Skills

- Job Search Skills to Learn
 - Creating a personal marketing plan
 - Resume reconstruction
 - Practicing presenting yourself
- Searching for Opportunities
 - Network building
 - Job fairs
 - Searching for jobs
 - Listen to what others say about you



Reality Checking

- Riding the “coaster”
- So what’s it like there?



Reality Checking

- Riding the “coaster”
- **Develop perseverance**
- So what’s it like there?
- Where do you find strength?



Reality Checking

- Riding the “coaster”
- Develop persistence
- **Competing creatively**
- So what’s it like there?
- Where do you find strength?
- What would be outrageous?



Reality Checking

- Riding the “coaster”
- Develop persistence
- Competing creatively
- **Grow thicker skin**
- So what’s it like there?
- Where do you find strength?
- What would be outrageous?
- What are you learning here?



Reality Checking

- Riding the “coaster”
 - Develop persistence
 - Competing creatively
 - Grow thicker skin
 - **Inventory your values**
- So what’s it like there?
 - Where do you find strength?
 - What would be outrageous?
 - What are you learning here?
 - Which of your values are you not honoring?



Reality Checking

- Riding the “coaster”
 - Develop persistence
 - Competing creatively
 - Grow thicker skin
 - Inventory your values
 - **Ask for feedback**
- So what’s it like there?
 - Where do you find strength?
 - What would be outrageous?
 - What are you learning here?
 - Which of your values are you not honoring?
 - Who can be a true mirror?



Reality Checking

- Riding the “coaster”
- Develop persistence
- Competing creatively
- Grow thicker skin
- Inventory your values
- Ask for feedback
- **A time for visioning**
- So what’s it like there?
- Where do you find strength?
- What would be outrageous?
- What are you learning here?
- Which of your values are you not honoring?
- Who can be a true mirror?
- What would you be at your best?



Seizing New Opportunities

- Matching Abilities With Opportunities
- Test Drive your idea
- Get Excited
- Learning What it Takes
- Get Realistic
- Where are there opportunities to show your abilities?
- What would prove your idea?
- Your enthusiasm is compelling
- Who could mentor you here?
- What can go wrong with your plan?



Letting Go of Your Past Job Identity

- Face Reality
- Celebrate the Old
- Embrace the New
- What is true about your past job?
- Would you make a list of the highlights of your past job?
- What is your dream for your new career?

Other Helpful Links

Building a Mentoring Network (from 2/5/2003 IEEE meeting)

http://ewh.ieee.org/r5/denver/centennial/Speaker_Notes/Mentoring_Presentation_20030205.PDF

Coping With Job Loss http://familycorner.tripod.com/jobloss_coping.htm

Do You Need a Personal Coach?

http://www.fullpotentialliving.com/Articles/Do_You_Need_a_Personal_Coach_/do_you_need_a_personal_coach_.html

For more information about life coaching:

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A photograph of a sunset over a body of water. The sky is filled with orange and yellow clouds, and the sun is low on the horizon, creating a bright glow. The water in the foreground is dark, and the trees along the shore are silhouetted against the bright sky.

These are difficult times for those becoming unemployed and for those who remain.

As you help others you will find support.

You have strengths you have yet to discover.

Dream your future self then listen to the wisdom coming from that place.