

# Career Planning Workshop

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# Career Planning Workshop Structure

- ◆ Session 1: Now What? - How protect my family? How prepare myself?

**Speaker: Tom Richardson/Chris Jackson – Jan 14**

- Steps and resources to stabilize your financial situation
- Developing priorities for a career change
- Leveraging networks

- ◆ Session 2: Can a Career Transition be a Good Thing?

**Speaker: Eric Daugherty – Jan 21**

- A Framework for “Transitions”
- Tools for Communication

- ◆ Session 3: Moving from Intentions to Action

**Speaker: Tom Richardson – Jan 28**

- Testing your direction
- Energizing your path
- Sharing resources and contacts

Concurrent Session for Spouses: Coping & Supporting a Family Through Change

- A Discussion with Jen Knebel (Pastor)

# Career Planning Workshop Structure (con't)

## ◆ Session 4: Peace Through Career Turbulence

**Speaker: Craig Edlin – Feb 4th**

- Stepping back to see God's plan
- Comfort in Crisis
- Stepping forward in Faith

## ◆ Session 5: A Fifth Space – Sharing Successes and Challenges

**Workshops: Speakers and HR professionals – Feb 11<sup>th</sup> (last one)**

- Topics TBD

# Our Safe Environment

## Workshop Ground Rules

1. What is said in the group stays in the group
2. No stupid questions
3. Honor the absent
4. Spend time listening, as well as speaking
5. Do not take anything personally
6. Be a participant!

**A safe environment** to identify resources for a career transition and job search while supporting your family and yourself financially and emotionally...

# Session 3: Moving from Intentions to Action

## Agenda

1. Week 2: "Transitions" Review and Discussion (10 mins)
2. Thoughts on "Economic Meltdown" (10 mins)
3. Moving from Intentions to Action (50 mins)
  - Spouses/Significant Others move to adjacent room
4. Discussion (10+ mins)
5. Open Discussion, Action Planning (30 mins)

# “Transition” ≠ “Change”

- ◆ Society confuses the two, leading us to believe that **transition** is just another word for **change**.
- ◆ **Change** is situational.
- ◆ **Transition** is psychological.
- ◆ **Changes** are driven to reach a goal, but **transitions** start with letting go of what no longer fits or is adequate to the life stage you are in.

# 5 Aspects of Ending Experiences

- ◆ Disengagement— “step” away from familiar
- ◆ Dismantling—take apart piece by piece
- ◆ Disidentification—shift from old identity to nonidentity
- ◆ Disenchantment—realization that one’s perception of reality is not real
- ◆ Disorientation—“lost enough to find yourself”

**Think of an “ending” in your life  
and how you experienced it?**

# Ending With A New Beginning

- ◆ Genuine beginnings depend upon inner realignment rather than external shifts
  - Start acting
  - Begin to identify with the final result of the new beginning
- ◆ Accessible to everyone, and everyone has trouble with them
- ◆ Self-understanding is critical for success
- ◆ Involves a reintegration of our new identity with elements of our old
- ◆ Beginnings are “untidy”

# Thoughts on “How to Survive the Economic Meltdown” (free book/pdf)

- ◆ Using Idols to Define our Success
  1. A long list makes all susceptible
  2. A life of idols can look great, but feel empty
  
- ◆ Two Big Lies
  1. “Money will solve my problems, and success will make be happy”
  2. I can have the best of both worlds – Christian and secular
  
- ◆ God’s Will: Redeem, Reconcile and Restore... Prosper?!

# Session 3: Moving from Intentions to Action

## Speaker: Tom Richardson

- Testing your direction
- Energizing your path
- Sharing resources and contacts

## Concurrent Session: Coping & Supporting a Family Through Change

- A discussion with Jen Knebel (Pastor)
- Please move next door