

Making Career Transitions:

Successfully Navigate to Your New Future

4/28/09 Part 1 of 3 – Letting Go of Limiting Emotions, Thoughts and Actions

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More Strategies and Tips to Help with Your Transition

1. Define Your Personal Success and Visualize the Outcome

- Take time to get clear on how you personally define success. How do you define your personal success? What will you be seeing, hearing and feeling when you reach your personal success?
- It will help you to define a vibrant future by taking stock of where you have been and where you are (your current state). Now assess what you want to take with you and what you want to leave behind going forward.
- Use the “world class athlete” approach. Each day take 10-15 minutes to sit quietly and visualize what you will see, hear and feel when you reach your personal success.

2. Be Open to Change by Changing your Mind

It is not our feet that move us along - it is our minds. Ancient Chinese Proverb

- Start with identifying your emotions both positive and negative and then write down what mental models / thoughts are behind your emotions. How can you reframe your thoughts to give you hope and encouragement?
- You can change your beliefs that you hold that may or may not be true. For example:
 - The economy is terrible and I will never find a job. OR...reframe...
 - The economy challenges me to think differently; somebody out there needs what I have to offer!
- Definition of insanity is doing the same thing over and over again and expecting a different outcome. Remember, if you keep doing what you always have done you will keep getting what you always got.
- **FEAR** = **F**alse **E**vidence **A**ppearing **R**eal
- Use the **BEAR** Model to help you change your mental models. Your **B**eliefs impact your **E**motions, which impact your **A**ctions, which impact your **R**esults.

3. Tell Your New Story with Positive Language and Align Actions

- Tell your new story with a focus on what you want rather than what you do not want. Remember, what you focus on expands in your life. Use positive language.
- This can be an emotional time and it is also a time to manage your energy so that you feel good and are equipped to take positive actions.
- What are some examples of positive actions you can take? What have you done in the past that helped you break a cycle of bad habits?
- Here are some examples of positive actions: Exercise; prayers by bed; call a positive, supportive friend; do a before and after picture; write your goal down and put it in front of you; Find an inspirational hero's to know possibilities are limitless.

Write down your own personal success - read it and visualize it daily.

Choose and commit to one action to take to help you on your journey.

We invite you to the next 2 FREE Teleseminars on Tuesdays at 7 pm EST

- **May 5 - Strategies to Chart Your Transition Panel Discussion with**
Marilyn A. Feldstein – Certified Career Coach and Peter Rossi - Certified Financial Planner. Learn tips on how to leverage your time, talent and money, best practice interviewing techniques; networking and generating job leads.

Please send 1 or 2 specific questions that you have on these topics and we will do our best to address them during the call.

Send to your questions to Dale Beaman at dale@beamancoaching.com.

- **May 12 - Getting into Action and Staying the Course**
Define your personal actions that give you energy and keep you on the right path. Develop a commitment to action

If you know someone that may be going through a career transition, please invite them to join us by registering at <http://fccajax.com/making-career-transitions.php>

Be sure to visit our First Coast Coaches Association website at www.fccajax.com to learn more about coaching and coaches who can support you in your transition.

Thank You for Joining Us!

