

Building a Brand New You: Five Steps for the Transitioning Employee

The reality is that bad things happen to good people. This economic climate has proven to be financially unkind to some and very fruitful to others. What make the difference between those who are successful and those who are still floundering will be attitude, vision, and what Sample describes as "free thinking." We can have an attitude of defeat or we can develop and nurture an attitude of success. If you have recently lost your job, consider the following steps in "Building a Brand New You"

Step 1: Ask the Right Questions: Listen Actively

When individuals are distraught about losing their job, they rarely ask the right questions. Remember, your world is not ending, it is just beginning. What a great opportunity to expand into new horizons by thinking outside of your comfort zone. This is the economy that is simmering with reflective, "free-thinking," vision-driven, and goal focused opportunities. Sure, there are some paradoxes. After all, how can one possess a "free-thinking" spirit and be goal focused at the same time. Innovative thinkers, i.e., those who step away from traditional viewpoints are more likely to ask the right questions and engage others with artful, reflective listening.

Step 2: Ask for a Career Coach

A career coach is someone who can assist you in designing a strategy for your next career opportunity. A career coach helps you to focus on your job search and assist you in designing tools and techniques that allow you to expand your horizons. Stay emotionally focused as you review the separation package carefully. Think of the separation package as a stocking filled with "goodies." The deeper you dig, the more gifts you will find. Remember, attitude makes the difference. Ask for a career coach if one is not provided for you.

NMWB Global Management Services, LLC
Dr. Pauline E. Wallner, D.M., MBA
P. O. Box 1554
Fairburn, Georgia 30213
Tel: 770-774-3328
Cell: 404-218-9176
www.nmwbglobal.com

Building a Brand New You: Five Steps for the Transitioning Employee

Step 3: Professional Development

Studies have shown that organizations do offer professional development opportunities for their employees and yet many employees are afraid to take the time to honor personal and organizational commitment to continuing education. From experience, we know that the only thing constant is change, and so professionals who prepare for the inevitable are more likely to be ready when change occurs. Review the separation package for retraining opportunities. Now may be a good time to respectfully ask your organization to honor the training hours you skipped because you were too busy in the "now." Your organization wants you to succeed in your next role as your success reflects well on previous your organization.

Step 4: Make the Call

Once you recognize that the company has made its decision to downsize, call the assigned transition coach immediately. Do not be tempted to send out your resume without first designing a strategy for your successful transition to the next phase of your career. Another temptation is to accept anything that comes your way without consideration of the next steps. Once you have had an opportunity to work with your career coach in designing the most appropriate career transition strategy, you will be able to move energetically to the next level.

Step 5: Network, Network, Network

At this phase of the game, you have a strategic plan, a media kit, and a brand new you - ready to walk the runway of passion. Never leave home without the intangible side of you - attitude is everything. In an interview with Oprah Winfrey, Jay-Z said that when life presents you with lemons, make lemon pie. Are you prepared to make lemon pies or are you still complaining about being served lemons?

NMWB Global Management Services, LLC
Dr. Pauline E. Wallner, D.M., MBA
P. O. Box 1554
Fairburn, Georgia 30213
Tel: 770-774-3328
Cell: 404-218-9176
www.nmwbglobal.com

Dec. 22

Building a Brand New You: Five Steps for the Transitioning Employee

NMWB Global Management Services, LLC, is a small minority-owned international consulting firm that specializes in:



Our Services

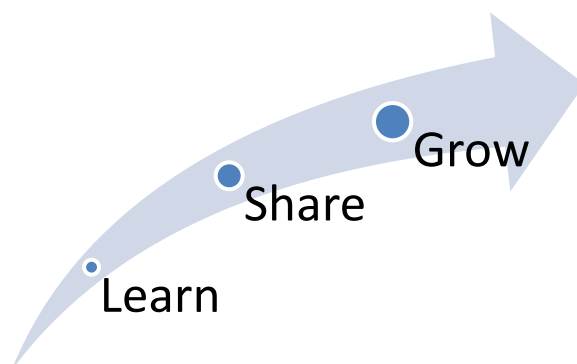
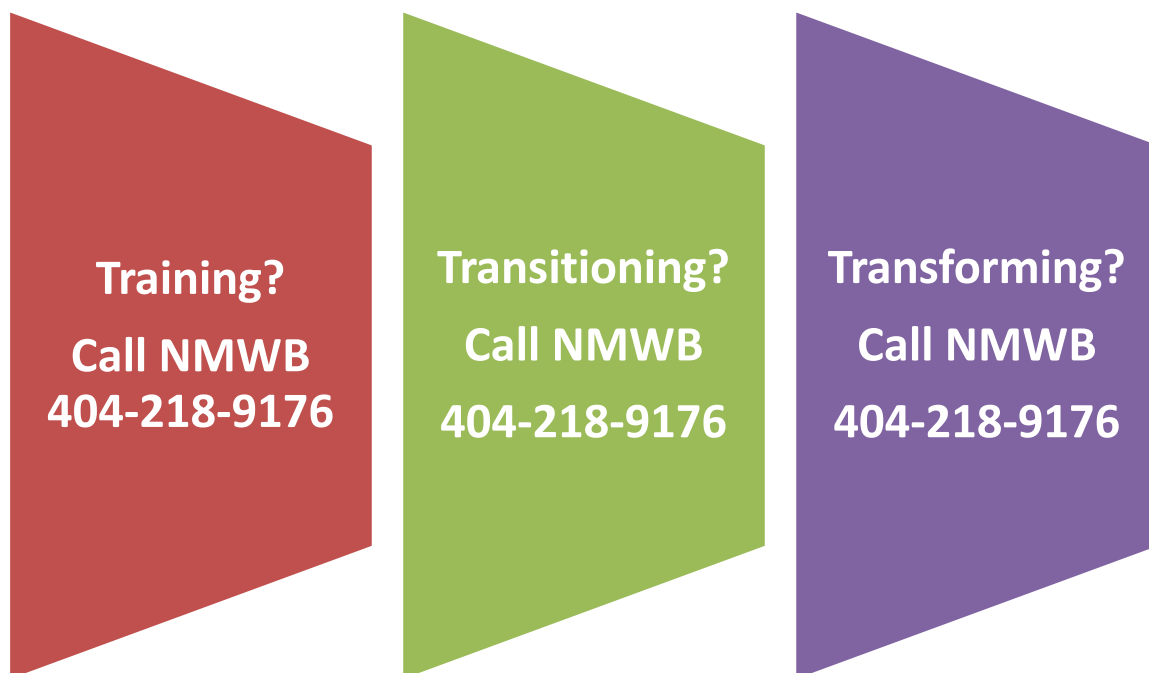
Executive
Retreats

Keynote
Speakers

NMWB Global Management Services, LLC
Dr. Pauline E. Wallner, D.M., MBA
P. O. Box 1554
Fairburn, Georgia 30213
Tel: 770-774-3328
Cell: 404-218-9176
www.nmwbglobal.com

Building a Brand New You: Five Steps for the Transitioning Employee

Over the past 10 years, the firm has developed 1st and 2nd Tier client relationships with small, medium, and large organizations; not-for-profit firms; and government entities.



NMWB Global Management Services, LLC
Dr. Pauline E. Wallner, D.M., MBA
P. O. Box 1554
Fairburn, Georgia 30213
Tel: 770-774-3328
Cell: 404-218-9176
www.nmwbglobal.com