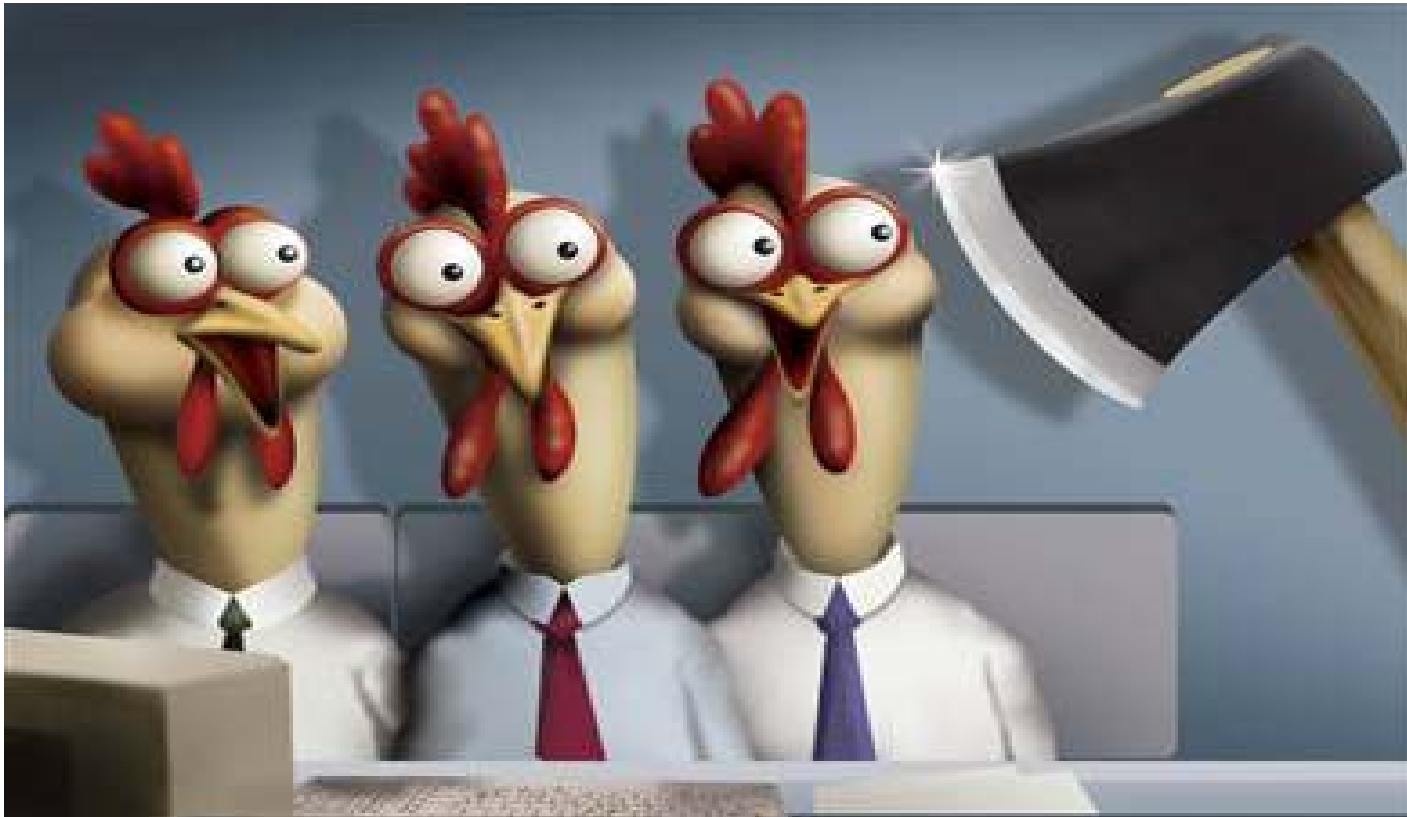


Dealing with Transitions: Seeing a Layoff as an Opportunity

Presented By
Debby Stone, JD, CPCC, PCC
February 27, 2009



Corner Office Coaching



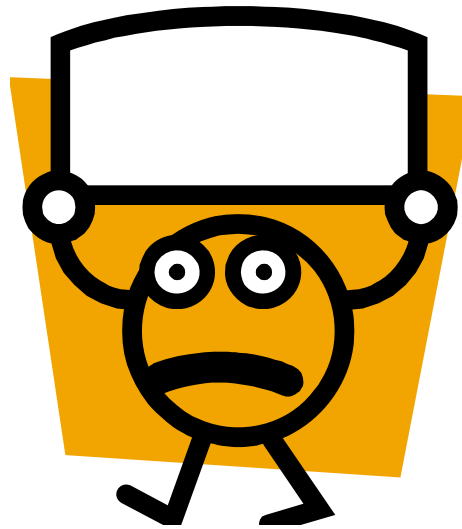
Five Key Areas



- Your Emotions
- Your Finances
- Self Assessment
- Networking
- Your Job Hunt



Your Emotions



“What happened?”



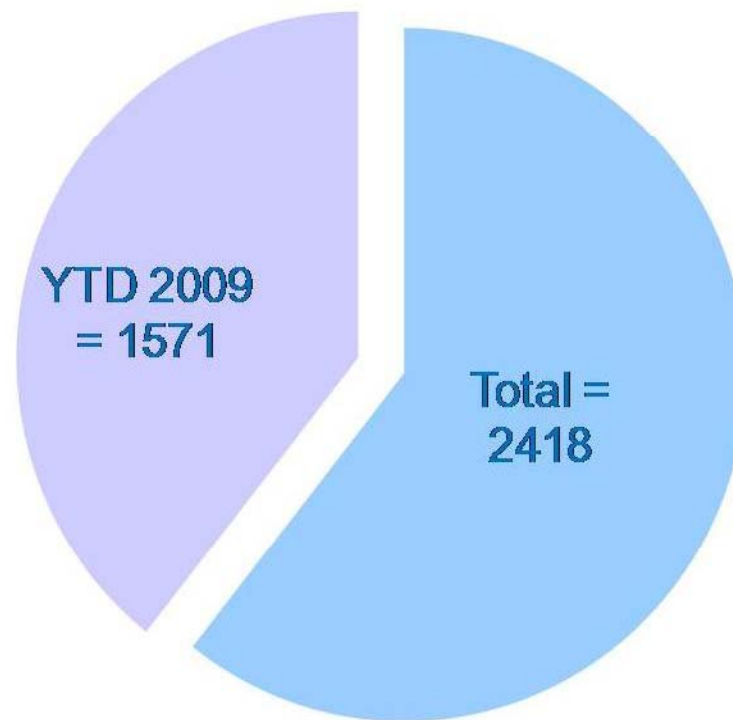
“What's next?”



Corner Office Coaching

You Are Not Alone

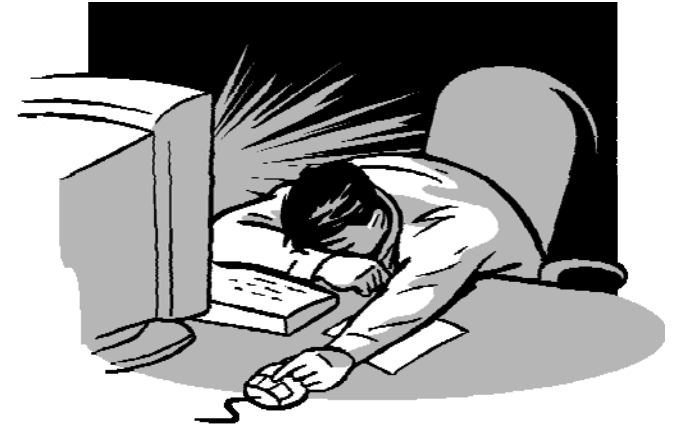
12 Month Lawyer Layoffs



Friends/Family/Faith



Self Care



- Exercise
- Eat Right
- Sleep
- Take Breaks
- Engage in Hobbies
- Volunteer
- Learn Something New



Your Finances



- Save What You Can
- Know What You Need



Self Assessment



Learn About Yourself

- Was I happy doing what I did?
- What are my strengths?
- What are my skills?
- What are my dream jobs?
- What are my values?



Networking

- Keep Up with Current Contacts
- Reconnect with Past Contacts
- Attend Networking Events
- Be Clear About the Job You Seek



Social Networking Sites

Linked .

twitter

facebook



Corner Office Coaching

Your Job Hunt

Get Your Ducks in a Row . . .



Be Creative



- Talk to Recruiters
- Visit Job Postings on Websites
- Tap Your Network
- Get Additional Training/CLE
- Change Your Focus
- Stay Informed
- Be Flexible



Q & A

Debby Stone, JD, CPCC, PCC
www.cornerofficecoaching.com



Corner Office Coaching