Dealing with Transitions: Seeing a Layoff as an Opportunity

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Corner Office Coaching
Five Key Areas

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

“What happened?”  "What's next?"
You Are Not Alone

12 Month Lawyer Layoffs

YTD 2009 = 1571

Total = 2418
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

LinkedIn

Twitter

Facebook
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

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