



Stay Afloat!™

Six Steps to Building Career Resilience

Session Objectives

- Explore the Changing World of Work
- Define Career Resilience & Its Importance
- Discover The Six Keys for Career Resilience
- Listen to 6 Stories of Resilience
- Develop an Action Plan to Stay Afloat!



The Changing World of Work



The **NEW** World of Work



Defining Career Resilience

A person's resistance to career disruption in a less than optimal environment.

M. London (1983)

Poll: Career Disruption

- Raise your hand if you have changed jobs in the last 5 years.
- Raise your hand if you are currently unemployed.



What Career Resilience is NOT...

- Staying in a job where you are miserable
- Doing work you hate

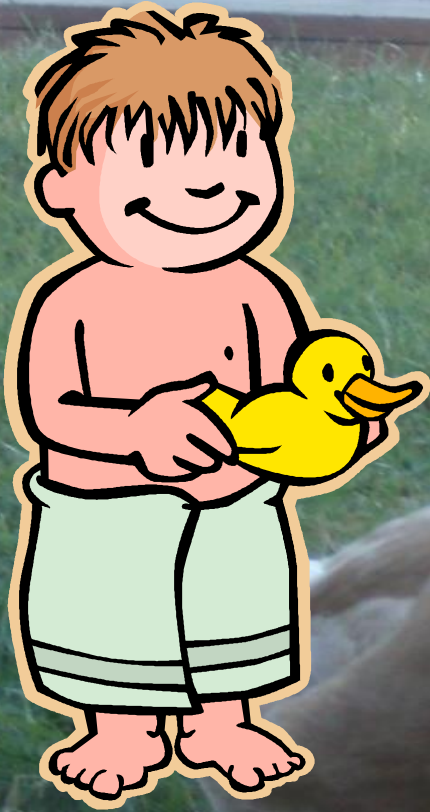
In Your Chat Box

Career Resilience:

- What does it mean to you?
- Why is it important?



A Story... Learning to Stay Afloat



Resilience Story #1 - Stay Connected



Sardek Love

CEO, Infinity Training & Consulting

The 1st Key: **Stay Connected**

- Get Networking
- Build Relationships
- Volunteer Your Time
- Re-Connect with Former Colleagues



Resilience Story #2 **Adaptability**

- 9 Re-Orgs in 10 years
- Had to interview each time

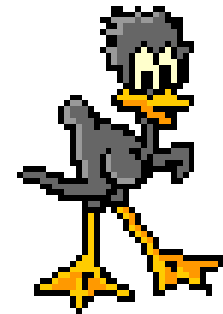


Vanessa Dimalanta

Supply Chain Management Director

The 2nd Step: Adaptability

- Develop New Skills
- Be Open to New Ideas
- Identify New Resources
- Be Flexible
- Change Your Mindset



Take Action!



1. What will you do to build (or rebuild) your network?
2. What will you do to build new skills or resources?

Resilience Story #3

Apply Your Skills



Doug Holman, Coach

Eastlake Little League - Western Region Champions

Maureen Orey, M.Ed., CPLP

The 3rd Step: Apply Your Skills

- Practice Your New Skills
- Be Proactive
- Take Risks
- Believe in Yourself

... then REPEAT!



Resilience Story #4

Health & Balance

- Cancer Survivor
- Business Owner
- International Speaker
- Runs 5k & 10k Races



Trish Uhl, CPLP
CEO, Owl's Ledge, LLC

The 4th Step: Health & Balance

- Take Care of Yourself
- Eat Right
- Exercise
- Avoid Toxic People
- Get Some Rest
- Stop Negative Self Talk
- Keep Your Environment Healthy



Take Action!



3. What will you do to practice more or apply your skills?

4. What will you do to take care of you better?

Resilience Story #5

Follow Your Instincts

An adventure of a lifetime!

- Super-Bowl Adventure!
- Used his Life Savings

John Chen
CEO, Geoteaming



The 5th Step: Follow Your Instincts

- Create Your Vision
- Trust Your Judgment
- Leverage Relationships
- Know When to “Fly South”



Case Scenario #6

Work Hard

- **Legally Blind**
- **First Blind CFCM**
- **2 hour “commute” to work**
- **Often left Stranded by taxi drivers**

Robyn Dunn, CFCM
Contract Closeout Specialist



6th Step... **Keep on Paddling!!!**

Work Hard!

- Be Tenacious
- Develop Grit
- Persevere



Take Action!

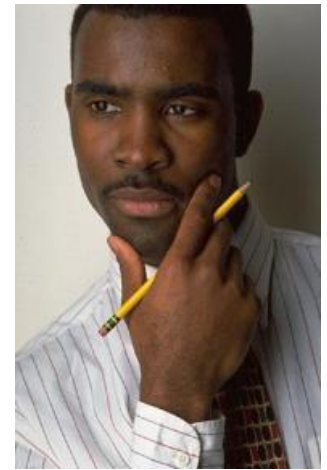


5. What can you do to clarify your vision, listen to your intuition?

6. Where will you apply more effort to succeed in your career?

Resilience is a Mindset . . .

- Our mindsets or “**mental models**” directly influence and shape how we view the world.
- This in turn, influences how we **respond** (our behaviors) to adversity and stress.
- The strength of our resilience mindset and the force of our behaviors enable us to influence or **shape our environment**.



Building Career Resilience

- Know what's important to you — define your vision and core values
- Reframe your mental models — challenge your assumptions
- Identify what you can change/influence and what you can't and focus on what you **can** influence
- Develop new skills and build relationships.



Action Plan

What will you do first to strengthen your career resilience?



What We Learn from the Ducks



- **Stay Connected to Your Network**
- **Be Willing to Adapt to Change**
- **Use and APPLY All of Your Resources**
- **Strive to be Healthy & Strong**
- **Follow Your Instincts**
- **Keep on paddling your feet!**



Stay Afloat!™

Get the Resilience Infographic!

6
Keys to Building Resilience

#ONE
Build a supportive network


#TWO
Develop New Skills and Resources

#THREE
Apply and Practice Your Skills Daily

#FOUR
Take Care of Your Health

#FIVE
Follow Your Instincts

#SIX
Work Hard, Use Grit


Stay Afloat!™

Ducks aren't hatched waterproof and people aren't born resilient. These 6 keys work to help you develop Personal, Career, Business and Organizational Resilience
- M. Orey

www.stayafloat.net

Share Your Story in My Next Book!



Stay Afloat!™

*Success is not final. Failure is not fatal.
It is the courage to continue
that makes the difference.*

- Winston Churchill (1874 – 1965)

