



## How to Deal with Transition – MnIPS Presentation by Joe Perzel 3/18/2003

### Understand what is happening and why

- First, you are not alone
- Most times your situation is not your fault
- Remember, there are administrative aspects to your job transition
  - 401(k)
  - Benefits
  - Contact info changes

*Do you know someone else between jobs, but has found work?*

### Keep the Good

- Keep in contact with people who can help you
  - Co-workers
  - Friends
  - Former bosses
  - Key user contacts
- Get up in the morning – every morning
- Stay connected with groups
  - Technology
  - Industry
  - Peer
  - Networking
- Analyze/Inventory your strengths
- Keep a good Attitude

### Get Rid of the Bad

- Hurt feelings
- Avoid “The rut”
- Old technologies or skill sets you are not interested in
- People that keep you down
- Analyze your weaknesses
- Change any unproductive attitudes or thoughts

### Stay Busy

- Finding job is job
- Determine ideal job, as well as what is “ok”
  - Perm vs. Contract vs. Managed Project
  - Consulting vs. Corporation vs. Entrepreneur
- Build your Marketing
  - 30 second/speech
  - Resume
  - Contact list