

**“Master your Mindset  
for  
Successful Career Transition”**  
With Christine Suva, M.S., CPC, ELiMP



**Keys to Successful Career Transition**



Why Am I Here?

Mastering Your Mindset

Building a Vision

**Feel Like You're On a Rollercoaster?**



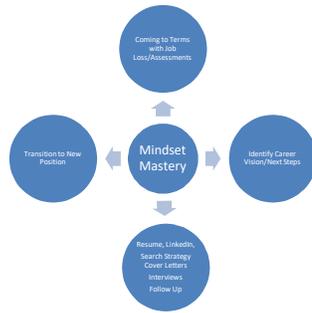
**Separation/Re-Employment Process**

Crisis: Separation from Employment

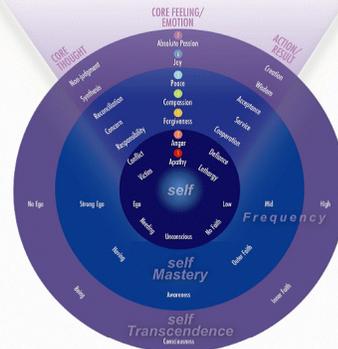
- Stage 1: Shock or Relief
- Stage 2: Denial/Disbelief
- Stage 3: Self-Isolation
- Stage 4: Anger
- Stage 5: Bargaining
- Stage 6: Guilt & Remorse
- Stage 7: Panic Depends Upon Severance Situation
- Stage 8: Depression
- Stage 9: Understanding & Resignation to Situation
- Stage 10: Acceptance of Reality
- Stage 11: Building a Positive Outlook
- Stage 12: Opportunity Growth & New Direction

\* Robert B. Garber "The Psychology of Termination & Outplacement"

Career Transition Process:



Energetic Self Perception



How Your Energy Effects Your Job Search:

- **Level 1:**
- **Core Thought:** I am a victim of circumstances, Loss of self confidence, Skewed sense of self, globalization
- **Core Emotion:** Apathy, Discouraged, Depression, Feel powerless to change situation, Inability to enjoy life
- **Core Action:** Lethargy, Ineffective Job Search, Waiting for Lucky Break, Why Bother, Drop out of Work force
- **Possible Results:**
- Don't SEE opportunities
- Ineffective job search strategies if active at all
- Long Term Unemployment
- Risk of "Losing Everything" Increases
- Decreasing Marketability
- Wear Out Network/Energy Drain
- Substance Abuse/Addiction
- Relationship Difficulties
- Withdrawal

**How Your Energy Effects  
Your Job Search:**

- **Level 2:**
- **Core Thought:** Conflict
- **Core Emotion:** Anger  
High frustration, irritability, quick temper
- **Core Action:** Defiance  
Finger Pointing, Defensiveness, Lack of Personal Responsibility  
Don't learn from experience  
Focus on What's Wrong  
Overinflated Ego  
Lots of complaining/sarcasm/negativity
- **Possible Results:**
- Lack of or Poor Recommendations
- Lack of Results from networking
- Poor Interviews
- Lack of Offers
- May see opportunities, but unable to capitalize on them
- Communication breakdowns
- Relationship Difficulties

**How a Higher Energy  
Effects Your Job Search:**

- **Level 5:**
- **Core Thought:** Reconciliation
- **Core Emotion:** Peace
- **Core Action:** Acceptance
- **Possible Results:**
- Able to see and seize opportunities
- Effective search strategies
- Effective networking leads to interviews and offers
- Strong network
- Offers
- Reemployment

**If You Feel Like  
You've Lost:**

- Your identity
- WHO you thought you were

**And You feel  
you're barely  
hanging on. . .**



**Consider THIS. . .**

You are  
**NOT**  
your job!

You are  
**NOT**  
Your Title  
Your  
Company  
Your Business

You are  
**NOT**  
Your Bank Account  
Your Car  
Your House



You Are **FAR** Bigger Than

Any Titles You've Had  
The Roles You Play  
Any Material Thing You've Ever Owned  
or Will Own in the Future!

## Why Am I Here?



## Reinvention is a Process of Coming Back to **YOU!**



“It isn’t until you come to a spiritual understanding of who you are—not necessarily a religious feeling, but deep down, the spirit within—that you can begin to take control.”

**-Oprah Winfrey**

## You Are Here

To Do What  
Only You  
Can Do in  
Your Own  
Unique  
Way.





**What Were You Born To Do?  
What is your purpose?**

## Defining Your Purpose

- Comes Naturally - Flows
- Allows you to be in your Gifts & Strengths
- A strong desire to live into it
- Would do it for FREE
- Life Long Involvement

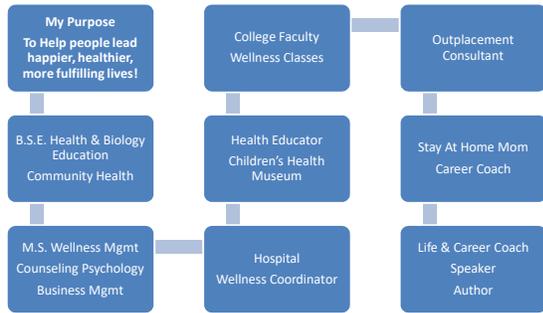
## Common Mistakes When Defining Your Purpose

- Define it too narrowly
- Unable to express it in multiple ways
- Let others decide for you
- No ability to reinvent with life stages and shift priorities over time

**“I told Michael to go into math  
because  
that’s where the money is.”**

- Former Math Teacher of Michael Jordan

## What is Your Golden Thread?



## I AM Here To...

**Help Others  
Lead Happier,  
Healthier,  
More Fulfilling  
Lives**



## So That They Can:

- Create a life that feeds their soul at the deepest levels
- Allow for the greatest expression of **WHO** they are
- Create a Life of No Regrets
- Achieve meaningful success and their highest potential
- Leave their Legacy to the World!

## Your Purpose is Like an Internal Compass



## Master Your Mindset For Success!



In every obstacle lies  
**Opportunity**  
if you allow yourself to **SEE** it!



Does that voice in your head  
tell you "I'm a Failure"?  
"I'm not Enough"?



## Consider Others Who've "Failed":

- "As a composer you are hopeless."  
- Beethoven's Music Teacher
- Oprah was once demoted from her new job at WJZ-TV and told "you're not fit for t.v.."
- Thomas Edison was fired from his railroad job selling candy and newspapers and lost 4 telegraph operator jobs.



I've missed more than 9000 shots in my career. I've lost almost 300 Games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. - Michael Jordan

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."

**-James Lane Allen**



"Beliefs have the power to create and the power to destroy. Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives."

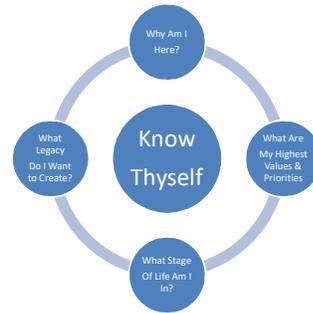
-Tony Robbins

**Build A Vision  
Build A Life!**

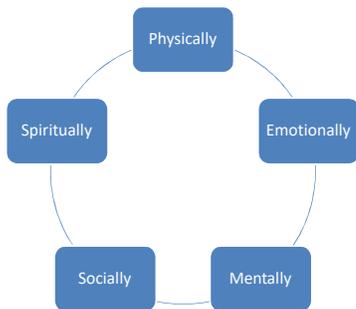


**It's NOT all about  
the Resume!**

**Keys to Building an Effective Vision**



**What have you done for YOU lately?**





"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."  
-Dr. Dale Turner



## Keys to Successful Career Transition



Why Am I Here?

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**“90% of the world’s woe comes from people not knowing themselves, their abilities, their frailties, and even their real virtues. Most of us go almost all the way through life as complete strangers to ourselves.”**

- Sydney J. Harris

## **Build Resilience for the Journey!**



- Confidence
- Courage
- Hope
- Faith
- Effective Action

***My Gift to You!***  
***A Complimentary***

***“Master your Mindset Strategy Session”***

**A Half Hour Phone Session  
with  
Christine Suva**



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## **Energy Leadership™ Index Assessment**

***Find Out Your Energy Level  
And What May Hold You Back from  
Success!***

**Special Event Day Price:**

**\$247 (A \$297 Value)**

**Includes 1 Hour Debrief Session with Christine**

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