



Roadmap to Well-Being in Your Job Search

Job search and career transitions can be challenging. It can be difficult to maintain motivation and prioritize self-care when we are so focused on survival. In these webinars, we explore strategies and ideas for addressing the emotional and mental issues of job search and career transition.

Webinar Link	Description
<p>Dealing with Depression, Anxiety and Rejection in the Job Search</p> <ul style="list-style-type: none"> • Recording • Slides • Resources 	<p>In this session, we explore the negative emotional impacts of an extended job search, discuss available resources and a variety of “self-help” approaches we can use to maintain motivation and deal with emotional challenges during your career transition. The Resources link includes important information on professional resources.</p>
<p>Befriending Your Job Search Stress</p> <ul style="list-style-type: none"> • Recording • Slides 	<p>Learn more about how stress impacts the nervous system, strategies for calming your nervous system, and get tools and techniques for working WITH your stress rather than fighting it.</p>
<p>How to Be Your Own Job Search Coach</p> <ul style="list-style-type: none"> • Recording • Slides 	<p>Self-coaching can be a powerful way to support well-being in the job search. In this session we explore strategies, tools and techniques for being your own best job search coach.</p>
<p>Upping Your Inner Game</p> <ul style="list-style-type: none"> • Recording • Slides 	<p>In this session we explore Self 1 and Self 2 and how we can work with these two selves to improve our motivation and capacity for change.</p>
<p>Bridging the Confidence Gap</p> <ul style="list-style-type: none"> • Recording • Handouts 	<p>Learn how to use the ACT process to develop your job search confidence.</p>
<p>WOOP Your Job Search Goals</p> <ul style="list-style-type: none"> • Recording • Handouts 	<p>Learn how to use the WOOP (Wish, Outcome, Obstacle, Plan) process in your job search. This is a scientifically-proven strategy for achieving goals.</p>

<p>Staying Motivated in the Job Search</p> <ul style="list-style-type: none"> • Recording • Handouts 	<p>Career Coach Terrence Seamon shares 7 tips for maintaining your mojo during a career transition.</p>
<p>Cultivating Calm for Mind and Body</p> <ul style="list-style-type: none"> • Recording • Slides • Breathing Exercises • Foods to Fight Stress • Tips for Starting a Meditation Practice 	<p>NSCN member and owner of <i>No Place Like Aum, LLC</i> Susan Wilk shares tips and strategies for de-stressing during your job search.</p>
<p>What Are Your Emotions Telling You?</p> <ul style="list-style-type: none"> • Recording • Slides 	<p>In this session, we discuss the emotions of transition, as well as day-to-day emotions and how we can use this information to take more effective action.</p>
<p>Using the SCARF Model for Career & Workplace Success</p> <ul style="list-style-type: none"> • Recording • Slides 	<p>SCARF is a brain-based model for understanding how we respond to social situations. Understanding and using the ideas in this session can help you deal with some of the emotional challenges of job search.</p>
<p>Unstick Your Job Search</p> <ul style="list-style-type: none"> • Recording • Handouts 	<p>In this session, we explore the two ways your job search can get “stuck” and discuss strategies for moving forward.</p>
<p>What Comes After Plan B?</p> <ul style="list-style-type: none"> • Recording • Slides • Sites for finding Gig Work 	<p>Extended unemployment impacts many areas of our lives and when Plan A isn’t working, we need to consider other options. In this session, we discuss common situations and resources that can help.</p>
<p>Creating Positive Change</p> <ul style="list-style-type: none"> • Recording • Workbook • Slides 	<p>NSCN Volunteer Coach Ruth Kunstadter shares a simple, effective process for creating positive changes. This can be used for both job search and personal goals.</p>
<p>Jumpstart Your Job Search for 2018</p> <ul style="list-style-type: none"> • Recording • Handouts 	<p>Adapt the exercises and ideas in this session to give yourself new motivation and meaning.</p>

