



Counselor Connection

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Career Choices during Economic Recession

It's a tough time economically for many families and businesses. People are being laid off while others are working more hours and carrying more responsibilities. Some are cutting back due to necessity and others are downsizing to have a backup plan. Evaluating one's options helps deal with the uncertain economic times.

Job loss is stressful and adapting to change is hard work. Life is a mixture of positives and negatives. Hoping we will always be happy and able to avoid bad things from happening is unrealistic. So, balance your stress by thinking of it as an opportunity to transition to a new job or career that better matches your strengths, interests, and passions.

Each person is made up of strengths and weaknesses. What skills do you have? *What are you really good at?* It can be anything from listening, to computer skills, to organizing, to socializing.

Begin to pair your strengths with your interests and passions. *What topics would you never get tired of reading or discussing? What would you do to make the world a better place if you couldn't fail or no obstacles stood in your way?* When one finds a sense of purpose or meaning in their life, then they are guided by principles and goals beyond fear and survival.

Anxiety can paralyze and narrow your ability to see the options. Realizing that you have choices, even when you didn't chose your current reality, can get you back on track to finding hope and direction. *What are your options?*

Take courage & try something new!

To schedule a consultation or presentation, call 816-246-4465 (ext 2).

Newsletter Spotlight:

1. *Career Choices during Economic Recession*
2. *Career & Financial Resources*
3. *Ask-a-Counselor*

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Career and Financial Resources

Dave Ramsey's Advice on "What to Do If You've Lost Your Job":
http://www.daveramsey.com/etc/cms/lost_your_job_11755.html

StrengthFinder is an online assessment of psychological traits:
<https://www.strengthsfinder.com/113647/Homepage.aspx>

Occupational Outlook Handbook is full of career information:
<http://www.bls.gov/OCO/>

Longview Career Exploration Workshop (free, 816-672-2255):
<http://mcckc.edu/main.asp?P=SLVcareerCounseling#CEW>

Holland Work Personality Assessment:
<http://www.roguecc.edu/counseling/HollandCodes/test.asp>

Ask-a-Counselor



Please email me questions or topics you would like me to address in future newsletters.

(If I use your question, it will be presented anonymously.)

