



JOB SEARCH

without unneeded stress

FOR PROFESSIONALS OVER 50



**MINDFUL
JOB ALIGNMENT**

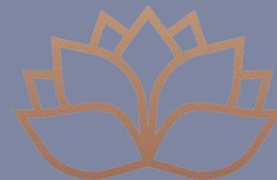
DIANA STEPHENS, PhD



“Business opportunities are like buses.
There’s always another one coming”

~ Sir Richard Branson

DIANA STEPHENS, PhD

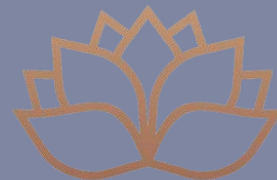




“What we call obstacles are really the way
the world and our entire experience
teach us when we’re stuck.”

~ Pema Chodron, Buddhist Scholar

DIANA STEPHENS, PhD



My Story

- 35+ years in workforce
- Downsized 5x in 10 years
- Managed my mother's Alzheimer's care
- Personal health challenge
- Navigated financial issues
- 3x through outplacement
- My "mess became my mission"
- Dissertation "A Mindful Approach to Job Search" 2020
- Completed PhD Holistic Coaching 2021
- Founded Mindful Job Alignment





Job Search is both an Internal & External Process

Internal (*Soulful*)

- Reconcile the Transition
- Calm Space at Home
- Read, Meditate, Journal
- Manage Diet, Exercise
- Values & Job Vision
- Job Search Action Plan
- Manage the Manifestation

External (*Tactical*)

- Resume (ATS Format)
- LinkedIn
- Networking
- Job Search Groups
- Interviewing
- Incremental Income
- Volunteering
- Surround yourself with your cheerleaders!



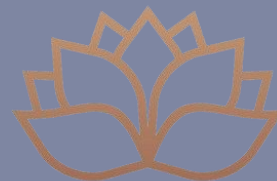




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“Fear is a natural reaction
to moving closer to the truth”

~ Pema Chodron, Buddhist Scholar





Pew Research on Transitions

- 53% of American adults felt loss of identity
- 56% have experienced more emotional or mental health issues
- 41% have had more conflicts or arguments than usual with family and friends

From *Pew Research, December 2022*





Reconcile the Transition

- Job Loss ranks in the Top 10 of Life Stressors – right along with death of a spouse or loved one and divorce.
- Is this a “Life Quake” or a “Disruptor?”
 - Life Quake – Events that upend our lives, creating a fundamental shift in your life direction.
 - Disruptor – An event or experience that disrupts the everyday flow of your life.
 - From “Life is in the Transitions” by Bruce Feiler
- Take time to reconcile it and process through the 5 Grief steps:
 - Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance





Denial

- First stage “shock” or “disbelief”
- Information too much to bear
- Denial is a defense mechanism
- Denial allows grief to be split up into “manageable pieces”
- Questions about “why” this all happened

From *Grief and Grieving*, Dr. Elisabeth Kubler-Ross & David Kessler





Anger

- Anger sets in once you believe you will survive
- Necessary stage of healing process
- Anger is strength
- Gives structure to the “nothingness of loss”
- Signifies progress by allowing feelings that were previously too crushing

From *Grief and Grieving*, Dr. Elisabeth Kubler-Ross & David Kessler





Bargaining

- Reviewing the loss “if only....” and “what if...”
- Want life back to the way it was
- Blaming yourself for the loss
- “If I had done differently none of this chaos would have happened”
- By recognizing “if only” is futile, moves you forward

From *Grief and Grieving*, Dr. Elisabeth Kubler-Ross & David Kessler





Depression

- This stage can seem to last forever
- Necessary step in healing that cannot be skipped
- Emptiness/pain feel all consuming
- Wondering if it's worth it going on
- Slows you down to take real stock of the loss
- Clears the deck for growth
- Takes you to a deeper place in your soul

From *Grief and Grieving*, Dr. Elisabeth Kubler-Ross & David Kessler





Acceptance

- Acceptance is about dealing with a new permanent reality
- This is the place of true healing
- Healing looks like “remembering, recollecting and reorganizing”
- Acknowledging all that has been lost
- Learning to live with that loss

From *Grief and Grieving*, Dr. Elisabeth Kubler-Ross & David Kessler





After processing Grief....

- Evaluate your personal situation
 - Consider finances
 - Family situation
 - Determine a timeline
- When do you absolutely need to land a new position?
- Construct your Job Search Action Plan accordingly
- Don't go out to network or interview until you have reconciled the loss and created a plan
- You risk carrying unresolved issues unconsciously into the interview.

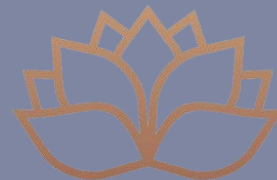




DIANA STEPHENS, PhD

“When things fall apart,
we can use it as an opportunity
to be open and inquisitive
about what has just happened
and what will happen next”

~ Trungpa Rinpoche, Buddhist Scholar



Internal (*Soulful*) Practices

- Create a private calm space in your home
 - Clear all clutter out
 - Start with a clean space
 - Do a sage blessing
 - Put back only uplifting items
 - Comfortable chair for reading
 - Diffuse calming essential oils (Lavender, Roman Chamomile)
- Personal inspirational time
 - Read inspirational and spiritual books, blogs, websites
 - Start a gratitude journal each day write 1-3 things you are grateful for
 - Soft calming music
- Develop a meditation practice
 - Daily 5-10 minutes
 - Yoga, Tai Chi are moving meditations
 - Walk a Labyrinth





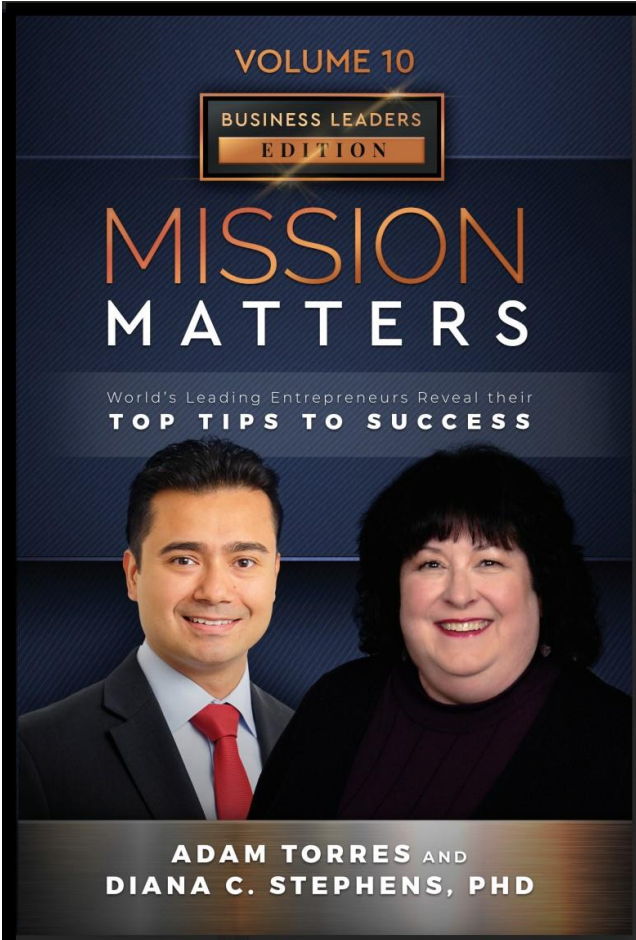
External (*Tactical*) Practices

- Nail down the basics
 - Resume formatted to pass the Applicant Tracking System (ATS)
 - Updated LinkedIn Profile with picture
 - LinkedIn headline banner maximized
- Job Search Communities
 - Local job search groups
 - Online meetings
- Incremental income
 - Marketable skills
 - Second language fluency
 - Knowledge, hobbies and talents that can be monetized?



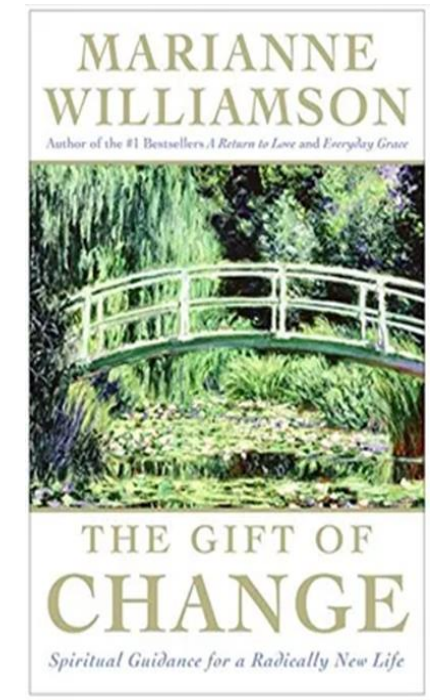
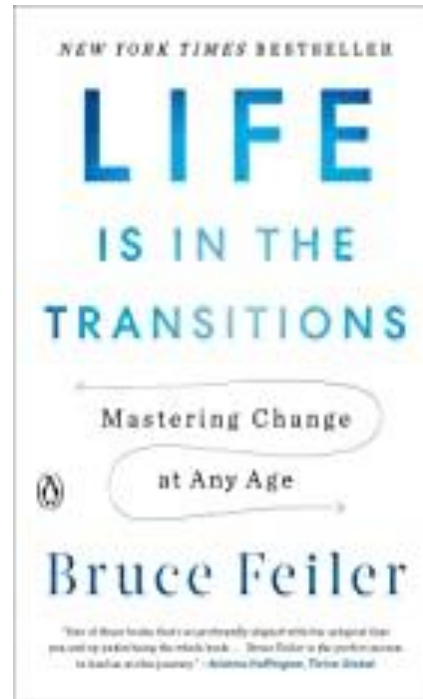


My Book Live on Amazon.com





Great Books for Transitions



How I can help you with your transition

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- 1:1 coaching

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