



Women Engaged in Powerful Transition (W.E.P.T)

TRANSITIONING DURING THE HOLIDAYS

Tips for Coping with a Job Change:

1. Be present in the moment

How often do we watch family get-togethers and holiday celebrations slip past because we're too busy worrying about other things? Don't let your worries about your career transition seep into the back of your mind while you're with your family.

Instead, enjoy the holiday festivities. Focus on enjoying this moment, just this one little moment with your family. You may be surprised at how easy it becomes to quit worrying and just be present in the moment.

2. Use the joys of celebration to put your career transition in a more positive light

You know how you feel after you've taken part in a joyous occasion? You may feel happy, euphoric and full to bursting with joy. Take those emotions with you and channel them into your new job change. Instead of facing it with fear, anxiety and trepidation, use the momentum you've gained from holiday celebrations to welcome the change with the excitement of beginning a new adventure.

The security you feel while you're among your loved ones can serve as a powerful antidote to fear and anxiety. It can make your impending career transition seem smaller and less foreboding, which will make it easier to quiet your fears and enjoy your holiday.

3. Don't overstretch yourself during a career transition

We all tend to get carried away when we set New Year's resolutions, don't we? We're going to lose those 25 pounds; we're going to become fluent in German, Russian and French; we're going to finish that novel we've always meant to write; we're going to get on that diet and stick with it, come hell or high water.

While it's good to set New Year's goals for yourself, keep them realistic in the face of your new career transition. Though changing one aspect of your life may fill you with a desire to change multiple aspects, remember that too much change can bring an unbearable amount of pressure on you.

Don't set unrealistic expectations that you'll abandon come February. Find a couple of smaller, more realistic goals that you can set for yourself while still coping with your job change.

Facing a career transition is an exciting and terrifying prospect at any time of your life, but most especially around the holiday season. Just take a deep breath and focus on surrounding yourself with the love and security of your friends and family. That way, you'll be able to take on your job change with the positive energy that comes from celebrating the holidays with those that mean the most to you.

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