Preparing for unemployment

Society of Petroleum Engineers - SPE GCS Gulf Coast Section
Members in Transition Webinar

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We are in turbulent times. Life keeps throwing challenges at us and we need to accept them and at the same time prepare to take them heads on.

“If you’re going through hell, keep going.” Winston Churchill
“One important key to success is self-confidence. An important key to self-confidence is preparation.” – Arthur Ashe
Attitude is a feeling or opinion about something or someone, or a way of behaving that is caused by this.

“If you don’t like something, change it. If you can’t change it, change your attitude.”

Maya Angelou
• Demonstrate Empathy
• Remember positives in your life
• Don’t criticize your former employer
• Demonstrate positivity all around
  • Smile
  • Don’t give up
  • Embrace change
• Be in positive company
  • Positive vocabulary
• Don’t be sorry for yourself

“Whenever you are asked if you can do a job, tell ’em, 'Certainly I can!' Then get busy and find out how to do it.” –Theodore Roosevelt
Ego – the natural human trait that changes everything in its way and makes everyone fall prey to undesirable consequences in their life.

“You miss 100% of the shots you don’t take.”
Wayne Gretzky
Gratitude!
Let Go:
The Need To Be Right
The Need To Win
The Need To Be Superior
Need To Be In Control
& Stop Being Offended

“Take risks: if you win, you will be happy; if you lose, you will be wise.”

Author Unknown
Stress is how the brain and body respond to any demand. Any type of challenge that may involve a significant life change, or a traumatic event—can be stressful.

Anticipating that one may lose one’s job or losing one’s job can be extremely stressful.
Common effects of Stress

On your mood

• Anxiety
• Restlessness
• Lack of motivation
• Feeling overwhelmed
• Irritability or anger
• Sadness or depression

On your behavior

• Eating habits
• Angry Outbursts
• Drug or alcohol abuse
• Tobacco use
• Social withdrawal

On your body

• Headache
• Muscle pain
• Chest pain
• Fatigue
• Stomach upset
• Sleep problems

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Some stress relievers

- Getting regular physical activity
- Practicing relaxation techniques, such as deep breathing, meditation, yoga, tai chi
  - Keeping a sense of humor
- Spending time with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music
A mentor is someone who can guide you through the process and keep you motivated. Find yourself a mentor that understands you and who, you understand.

“All our dreams can come true, if we have the courage to pursue them.”

Walt Disney
“Find out what you like doing best and get someone to pay you for doing it.” – Katherine Whitehorn
Get Your Finances In Order

“Only those who dare to fail greatly can ever achieve greatly.”

Robert F. Kennedy
Unemployment, etc

Investments

Household Expenses

“Success doesn’t come to you, You go to it.”

Marva Collins
“The future depends on what you do today.”
Mahatma Gandhi
Cover Letter/
Resume/
Business Card

Sadly, it is never about you!

“The definition of insanity is doing the same thing over and over and expecting different results.” – Benjamin Franklin

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The story & the storyteller

“Find a job you enjoy doing, and you will never have to work a day in your life.” — Mark Twain
An elevator pitch is a short description that explains the concept in a way such that any listener can understand it in a short period of time.
The most valuable of all talents is that of never using two words when one will do.

Thomas Jefferson
Clean up and develop your social media presence
Before you build a better mousetrap, it helps to know if there are any mice out there.

Yogi Berra

JOB SEARCH

NETWORK!  JOB BOARDS  SOCIAL MEDIA

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Practice!
Practice!
Practice!

“Success is how high you bounce when you hit bottom.”
General George Patton
CAREER CHANGE

Know your strengths
Know our aspirations
Know your finances
Know your staying power

“Don’t limit yourself, discover new areas of expertise”
— Sunday Adelaja
Any Questions?

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