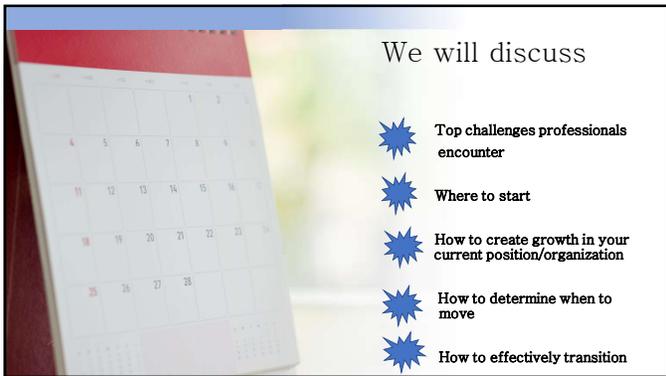




1



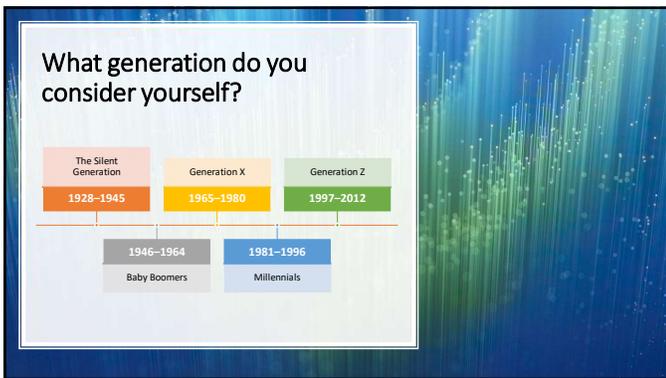
2



3



4



5



6



7



8



9



10



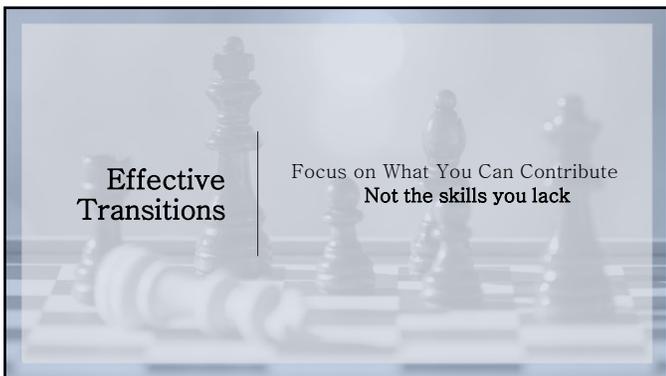
11



12



13



14



15

Effective Transitions

Gather as Much Information as Possible

What does the market look like?

Informational interviews

What is a typical day in this new position?

16

Effective Transitions

- Are you financially prepared?
 - Try not to leave your current position until you have a new one.
 - Will there be financial changes, and are you prepared for them?

17

Effective Transitions

- Are you over previous hurts and toxicity?
 - Healing Is Good for Overcoming Barriers to Employment Changes
 - Be in the right headspace

18