



**Transitions & Transformations: A Career Coach E-Newsletter
Issue 5 – November/December 2013**

“The Door Is Not Locked, Just Closed”

In 1970, as I was starting college, I wish I knew that I held the keys to open the door to my future success. I wish I knew that I had the power to design my journey forward in life. Like many young adults, we seem to move forward without really thinking about the future (except getting a job), about possibilities and what is needed to create or design our preferred future. So, in this newsletter I want to focus on the steps Eastern students and alumni should consider in preparing for their preferred future.

Important considerations:

- 1. *Be responsible for your development.* Commit to relevant goals (See March-April 2011 Newsletter “Career Management: Conducting Career Research” to learn more about goal setting) and invest time and effort to make them a reality. In a competitive and changing world committing to your development is imperative to keeping pace and thriving.**
- 2. *Life long learning* is a way of refreshing our careers and prepares us for “what’s next”. It adds knowledge, expands our skills and deepens our expertise. What are you learning about yourself in relation to others? Answer these questions:
 - **What are your personal learning challenges – the things that you’re curious about, that you’d like to learn more about, that will help you become more engaged and self-actualized human being?**
 - **In what ways might you expect to change as you grow into these new aspects of who you are?**
 - **How do you see this new you enhancing your personal life as well as your professional role in your company/organization?****
- 3. *Develop a personal & professional network* – Moving through life we meet countless people, and have the opportunity of developing relationships with them. Networking is not only about receiving but about giving. Reach out and provide real value and you will establish a positive and meaningful relationship. If you only focus on what you want you will never make a valued**

connection. Think now about the key people you want to have as part of your network. Nurture these relationships through life.

4. *Volunteerism* – Whether on campus, at work, or in your community, become a volunteer. Remember that as a volunteer you will be gaining new knowledge, building new skills, while developing an awareness about the organization’s cause. Volunteering is giving back.
5. *Professional organizations* – Join and become an active member of the preferred professional organization for your field. Take on a leadership role by running for election or serving on a committee. Participate in conferences either by offering a workshop in your area of expertise or by being in the audience adding to your base of knowledge and skills.
6. *Join your alumni association.* Give your time and energy toward giving back and building a better Eastern. Attend Eastern events on campus or whenever they take place in your area. Maintain relationships with former professors, and seek out opportunities to speak to classes, create internships, or mentor students and young alumni.

Career Coach Last Note: Quotes for Inspiration

“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment”. Oprah Winfrey.

“The unseen energy that was once in Shakespeare or Picasso or Galileo, or any human form, is also available to all of us. That is because the spirit energy does not die, it simply changes form”. Wayne W. Dyer

Contact Dr. Candales at bbtransformed@aol.com to ask questions, to contribute to helping an Eastern student or to share a short story about your journey, and how it began as an Eastern student. You may also connect with me if you would like to have complimentary coaching session. I look forward to hearing from you!

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Transitions and Transformations: The Journey is Yours!