



T-H-R-I-V-E

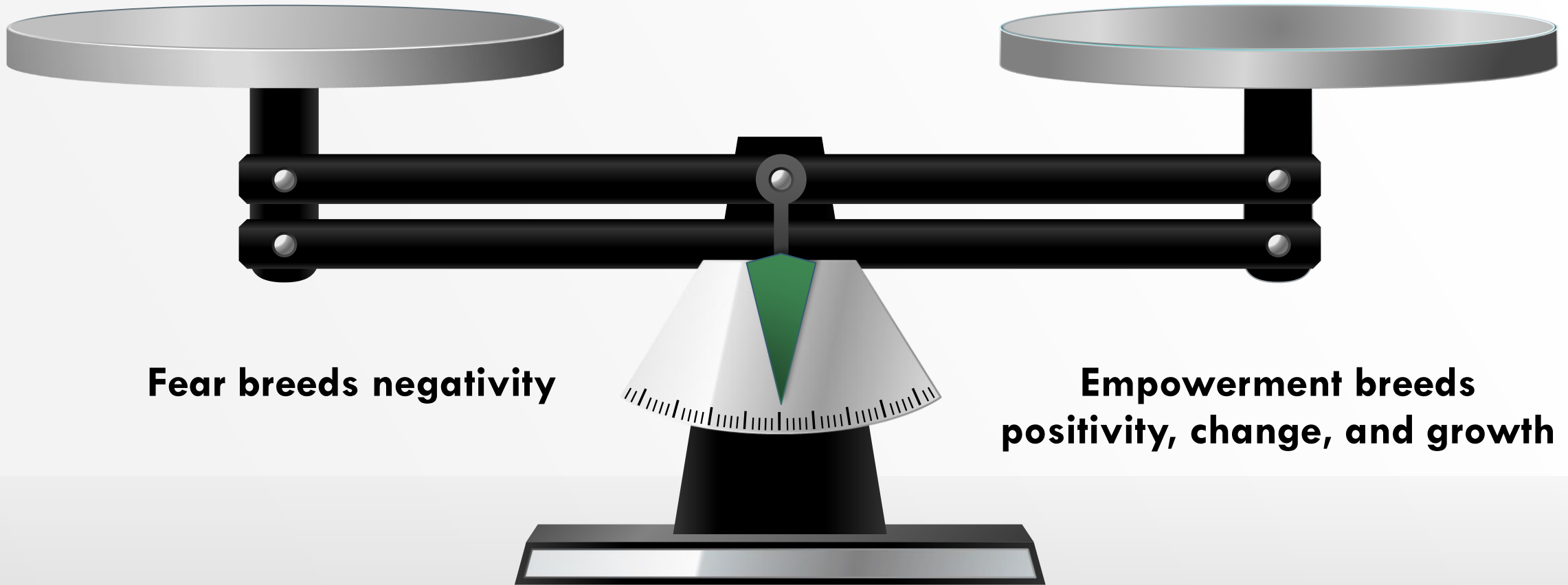
NAVIGATING CHANGE IN 2020

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Fear

Empowerment

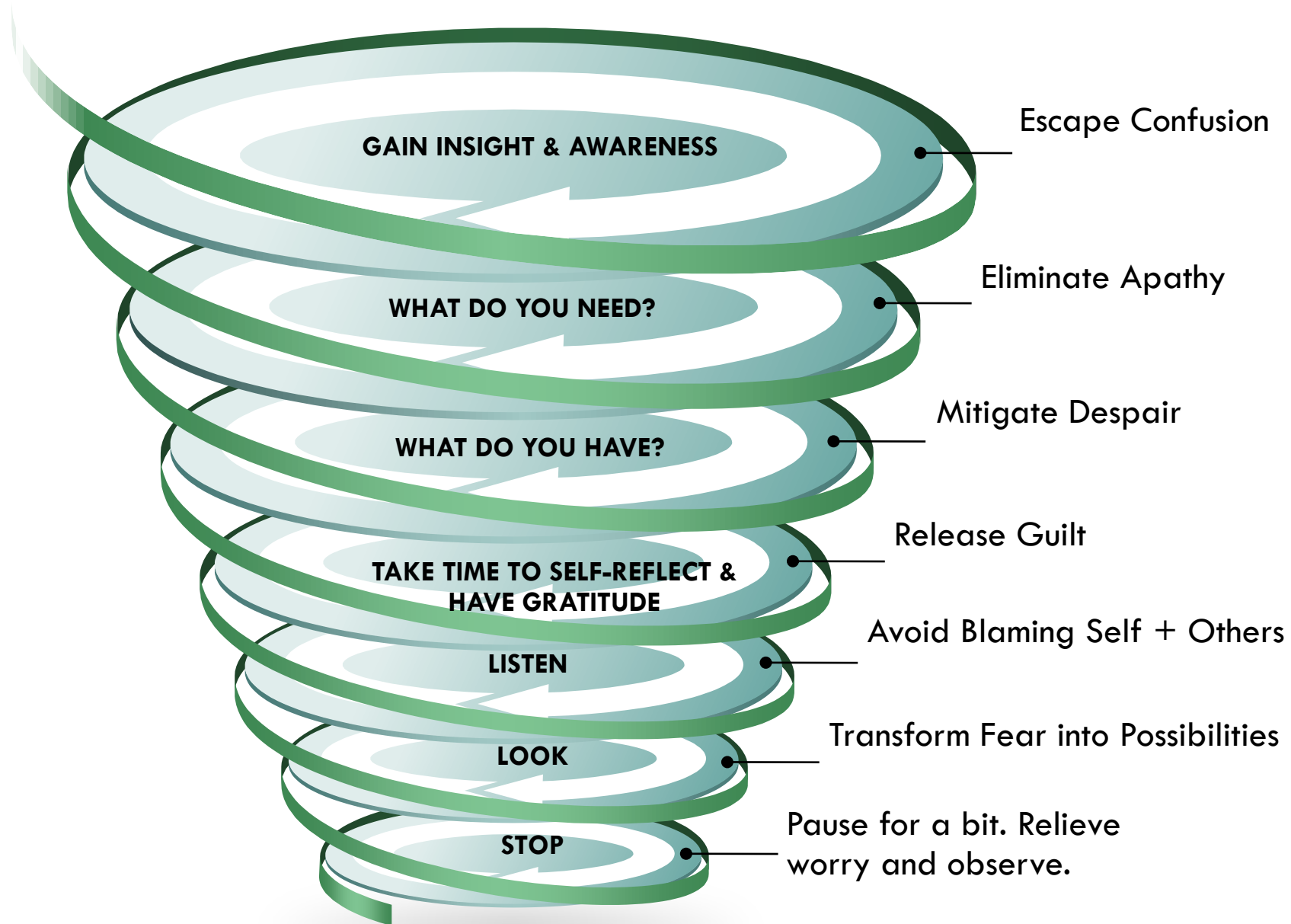


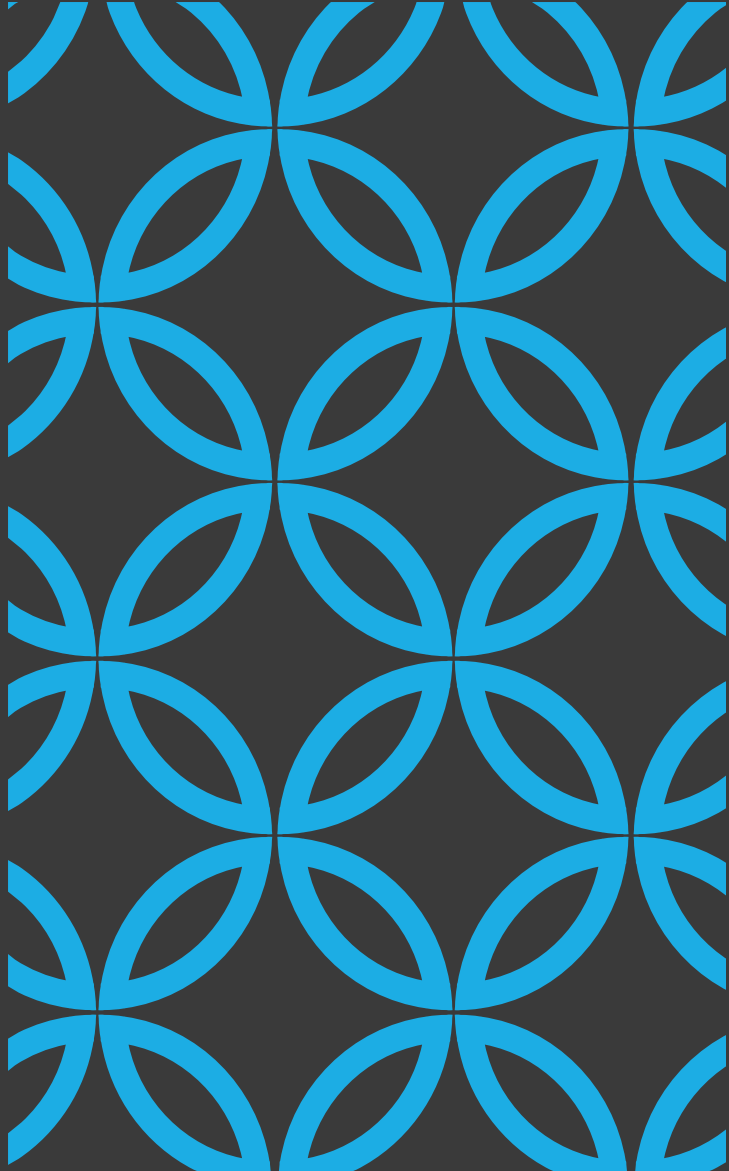
Fear breeds negativity

**Empowerment breeds
positivity, change, and growth**

Which one will you choose to navigate this transition?

Stop heading down a spiral...Look and listen to your instincts and rise above





Remind yourself each day...

You have choice...

**You can change how you choose to
think...feel...and do**

Strategic action is powerful!

TAKE A BREAK.

T- TAKE A BREAK.

When change happens on a global scale, it can be unsettling. take time out. Engage in productive activities to elevate your mood. Think of or Do something different. Later, reflect, then assess.

Ask yourself: What do I have? What do I need?
be thankful for your supports and let them know too!

These questions can serve as your guiding compass to determining next steps, generating new ideas, and making sound decisions towards carving out a brighter future.

HONOUR YOUR CORE VALUES.

H- HONOUR YOUR CORE VALUES.

Reflect and consider: what are your core values?

What is important for you to learn from this experience? How can you make a difference while staying true to your values?

Stay positive and empowered. Take care of yourself and others.

R- REALIZE YOUR GOALS.

Research labour market trends and developments.

Learn about the changing world of work.

How does the changing world of work impact your field?

How could this be a positive for your career?

Now is the time to write down your goals – both short-and long-term.

Carve out your vision and mission.

Refine your skills.

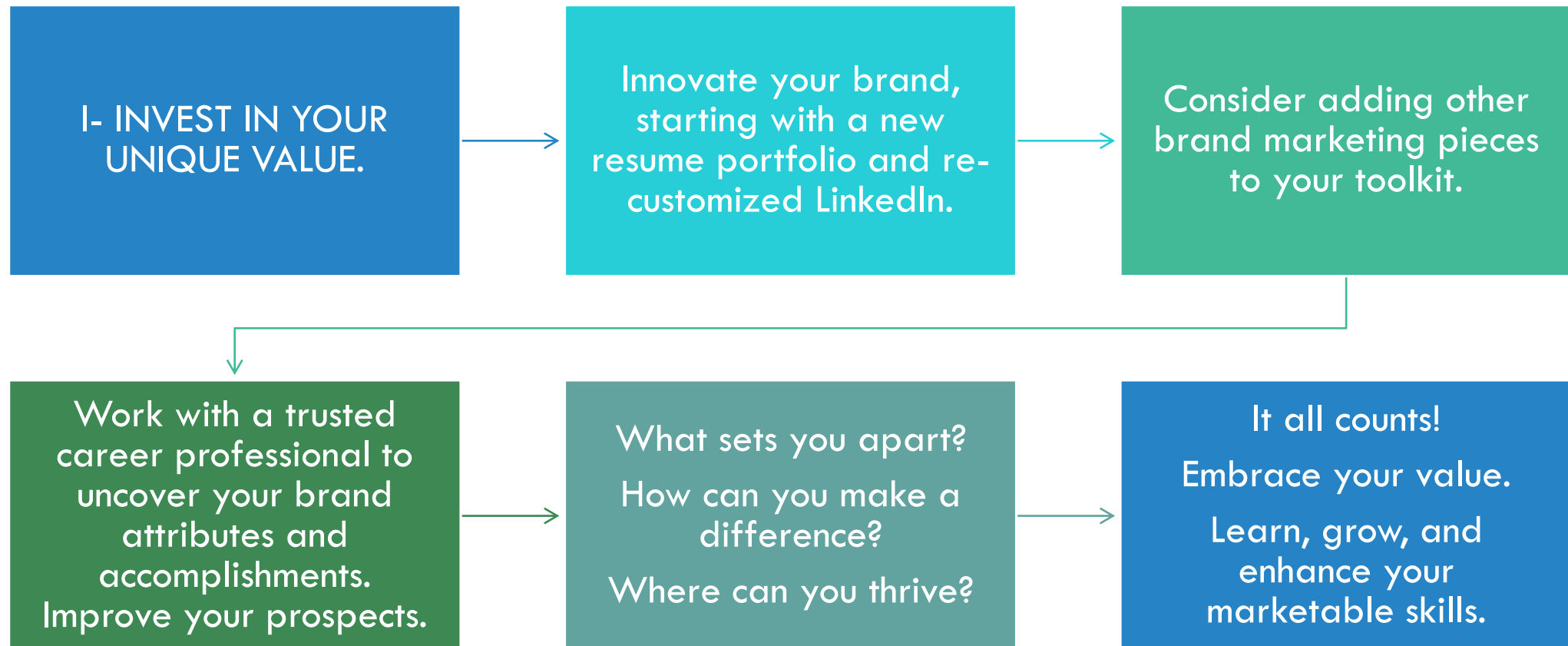
Addressing skill gaps can improve confidence and competence.

Reconnect with your networks.

Network online.
Connect with recruiters.

REALIZE YOUR GOALS.

INVEST IN YOUR UNIQUE VALUE



VALIDATE.

V- VALIDATE.

Validate your vision
and mission.

Validate your value.

Validate your
milestones.

Verify your
references. Reach
out to them!

Ensure that your
references are
updated and
accurate.

Ask for referrals.
Remember, it's a
give and take
relationship.

EVALUATE.

E- EVALUATE.

Evaluate your job search strategy in light of this situation. You may need to consider remote work options or bridge the gap with your skills to find different work.

Monitor and log your progress in a journal each day.
What needs to be changed?

Seek constructive feedback by a trusted career professional.

Remember, we are all in this together connected.
If we each do our part, we will thrive!

Practise social distancing.

Stay at home and become engaged.

Practise good hygiene and cleaning habits.

Eat healthy.

Learn new skills.

Read something new.

Exercise every day.

Take time for deep breathing, yoga, or meditation.

Take a walk.

Watch a funny movie!

Think positive. Say positive affirmations.

Stay connected!

Get enough rest.

The 8 Core Presuppositions of NLP

(NEURO-LINGUISTIC PROGRAMMING)

1. The map is not the territory.
2. The meaning of your communication is the response you get.
3. Individuals have all the resources they need to achieve their desired outcomes.
4. Every behavior is motivated by positive intention. People make best choices they can with resources they have available.
5. Effective communicators accept and utilize all communication presented to them. Resistance is a sign of insufficient pacing.
6. All outcomes are achievements: there is only feedback.
7. The element in a system that has the most flexibility will be the catalyst of that system. (Law of Requisite Variety)
8. Respect each person's model of the world.

The Five Reiki Principles for Healing | By Dr. Mikao Usui

I - Just for today, I will not be angry.

Anger at others or oneself or at the whole world fuels serious blockages in one's energy. Reiki is an excellent tool to remove anger blockages which have accumulated in the body over years, but it cannot remove the residue of current anger which occurs daily. Let go of anger to bring peace of mind.

II - Just for today, I will not worry.

While anger deals with past and present events, worry deals with future ones. Although worry is not always a negative phenomena, endless worries may fill one's head, and each one bores a small hole in one's body and soul. While anger requires a focused Reiki treatment to remove obstacles, worry requires the energy to be spread throughout the entire body. Letting go of worry brings healing into the body.

III - Just for today, I will be grateful.

Be grateful from your heart inward. Inner intention is the important element in this principle. Simple things as thanks, forgiveness, smile, good words, and gratitude can improve others' lives and make them happy. Being thankful injects joy into the spirit.

IV - Just for today, I will do my work honestly.

Support yourself and your family respectably, without harming others. Earn a respectable living, live a life of honour. Working honestly brings abundance into the soul.

V- Just for today, I will be kind to every living thing.

Honour your parents, honour your teachers, and honour your elders. Being kind brings love into the will.

Translate obstacles into fruitful opportunities...
be grateful for your blessings

Reflect the change that you want to see happen in the world!

