

## Career Management During Times of Crisis

Hello Wake Tech. This is Career Coach Larry Tucker. I know that many of you are like me, sheltering at home, probably a little tired and frustrated. Probably experiencing a bit of cabin fever and probably wondering how long is this going to last? Let me tell you this, and it's important to me that you hear this. I feel your pain! So, let's look at how we can turn this lemon into lemonade. Isaac Newton, you may remember him. He was the one who first saw an apple fall from a tree and hit him on the head and that's when he came up with his first law that any object in motion will stay in motion, and any object at rest, will stay in rest. And I know you are probably thinking, well Larry, what does this have to do with me and what I am dealing with during the mist of this Coronavirus. What does that have to do with me and my life right now? But my message to you is this. A lot of people have been asking the question. What is my career going to look like after we get past this Coronavirus? And that's a valid question. And quite frankly. I don't know the answer to that. But here's what I do know. And I need you to hear this. At some point, this Coronavirus threat will be over. And I'm saying this, not to minimize this virus. But because throughout our history we have been through similar crises like this before. And we survived! We are still HERE! And so, this too will pass! And when that happens, companies will begin to open their doors for business, and they will be looking for applicants who are ready to hit the ground running. And so, the question is, will you be Ready?

And another thing that I know is, It's better to Be Ready than to Get Ready! And if you are that person who had a consistent work routine before this shut down. And now you find yourself picking up some bad habits like spending most of your time at home binging on Netflix. You've been binging on episodes of OZARK, or other movies and shows that are so popular right now. You've been watching all of these shows. And don't get me wrong, I've been watching them too! And I understand that you need that break from reality sometimes. Life can be so stressful and overwhelming sometimes that you need that break, and breathe of fresh air. So, I do want to encourage you to pause, but never stop! Because if you are one of those people who has continued to consistently work hard and diligently throughout this Stay-at-Home period. Then once COVID-19 is lifted, you will continue to move full speed ahead. So, I want to encourage you to keep pushing, keep moving forward, Keep doing more of what you were doing well before this Virus. And if you are that person who is lying on the couch, eating all day, and binging all day on Netflix? Not consistently doing work that you know you need to do. Then you will become Stagnant and in the state of rest, and you will begin to develop unproductive, bad habits. So my friends, be reminded of Isaac Newton's Law. Any object in motion, will stay in motion, and any object at rest, will remain at rest! Anybody who has been in a state of laziness, will stay lazy. Anyone who has been move forward. So tell me, what are you going to do today? What new habit are you going to put in place today? What new habit are you going to develop and nurture today? To keep you moving forward! What routine are you going to put in place today? What routine or habit did you have that worked effectively, before but when COVID-19 hit you stopped doing, and you know you need to get back to doing right away? What good work habits do you need to go back to? What habits do you need to RESTART? What new habits can you put in place? Or, what new routine can you implement in your life today? You've got a clean slate. I don't care what happened 3 weeks ago, or two weeks ago, or even yesterday. It's a new day, a new beginning, a fresh start! You have a fresh opportunity today to move forward with the new improved YOU! So ask yourself this question. What can I do to keep that momentum going? As for me. I'm going to workout at least 4 times this week. I use to do that before the virus hit, so I'm going to continue that routine. I've been meaning to improve my digital literacy. So

starting today, I'm going to use my time at home to make a conscious, deliberate, determined effort to learn a new platform, or learn a new application each week. That would make me more efficient and productive at work. I know that I need to practice social distancing, but that doesn't mean I have to neglect my social network. This would be a great opportunity to reach out and build up my online social network of contacts. I will use this time to reach out to friends I haven't spoken to in a while. Or, I can use this time to make at least 10 new connections on LinkedIn each week. And speaking of LinkedIn, this might be an excellent time to update my LinkedIn Profile. Another way I can take advantage of this time is, I'm going to make a conscious deliberate effort to read at least 3 articles or listen to at least 3 podcasts each week related to my Industry. And you can commit to participating in at least 2 Industry related webinars each week. And this is just an example of the kind of things you can do to keep your career moving forward. And each week you begin to continue to build on that. So, that once this Coronavirus order is lifted, and believe me one day it will. And when it is lifted, you will be in a state of perpetual MOTION! And ready to hit the ground running! So remember Isaac Newton's first law. That any object in motion, will stay in motion, and any object at rest, will stay in rest.

On our website... Wake Tech's Career & Employment Resources has a number of services that we have altered for you. So you can take advantage of our resources from the convenience of your home. So whether you are a current student, a former student, or a prospective student needing career advice, help with your resume, or just simply some effective strategies on how to manage your career and stay in motion during this New Normal. Our Career Development Coaches and our Career Specialist are here for you to help you stay in motion. We are just a CLICK away. Contact us at [careers.waketech.edu](https://careers.waketech.edu). That is [careers.waketech.edu](https://careers.waketech.edu) for an online, one-on-one, Virtual Career Coaching Session. We are waiting to hear from you! Until next time, stay home, be safe and keep moving forward!