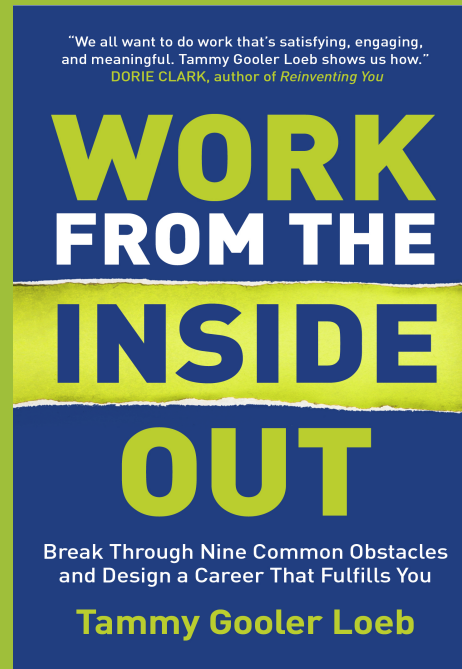


Work from the Inside Out: Managing Uncertainty Creating Meaning



Tammy Gooler Loeb, MBA, CPCC
March 22, 2022



WHY?

◆ Objectives ◆

Work from the Inside Out: Break Through Nine Common Obstacles and Design a Career That Fulfills You

◆
Identify some of the common fears that keep people from pursuing more satisfying occupations.

◆
How to transform doubts and limiting beliefs, so you'll be ready for positive reinvention and ongoing career satisfaction.

◆
Understand why fear is the foundation of immobilization and how to empower yourself to act.

◆
Strategies to help build self-confidence, manage expectations, and approach networking.

Inside Out? What does it mean?

Gut Feeling

Inner Voice

I should have listened to ...

I knew it and I did not listen to ...



Chapter 2/It's Never Too Late

Choosing a new career at 40+



Chapter 3/Too Many Responsibilities

Family, people are counting on me



Chapter 4/Careers Are Not Formed in a Straight Line

How it is supposed to go?



Chapter 5/ Don't Default to What You're Good At

Make sure you like/love it too



Chapter 7/You Need to Network, but Not Just for a Job

Stay connected always



Chapter 8/I'm Not Qualified. Do I Belong Here?

Apply anyway!



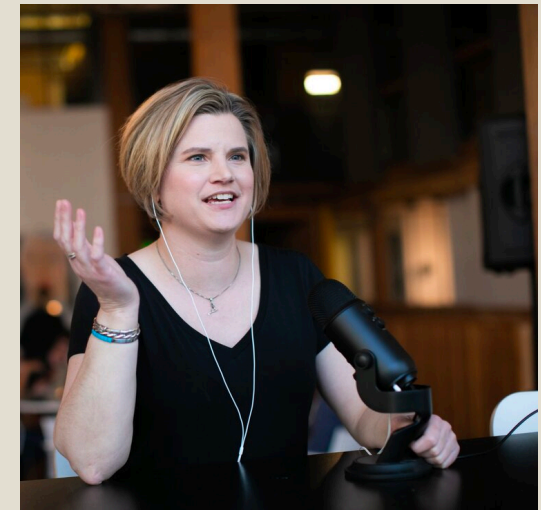
Chapter 9/Uncertainty Is a Fact of Life

*You never know what will happen ...
Life can change in an instant*



Uncertainty is a Fact of Life

Jenny Lisk



Widowed Parent Podcast

If my life is the same five years from now as it is today, would I be OK with that? If the answer is no—or especially if the answer is hell no—then now is the time to do something about it.

Excerpted with permission from

Future Widow: Losing My Husband, Saving My Family, and Finding My Voice by Jenny Lisk

Q & A

Tammy Gooler Loeb, MBA, CPCC

For more info:

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