



## Life Transitions

### Preparing for Mergers/Acquisitions

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## Planning for Transitions

- On going process
- Keep your network alive
- Interview at least twice each year
- Research industry trends
  - 2008 Industry Trends

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## Planning for Transitions-cont.

**Top 10 Tech Skills You Should Develop**

If you like to be constantly developing new skills, IT is the right field for you. In the late 80s, NetWare and IPX/SPX administration were the skills to have. Today, it's all about TCP/IP and the Internet. Here are 10 skills you should develop to keep on top of things in the tech world in the next five years.

1. Voice over IP
2. Unified communications
3. Hybrid networks
4. Wireless technology
5. Remote user support
6. Mobile user support
7. Software as a service
8. Virtualization
9. IPv6
10. Security

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## Transition in Progress

- Reassess your values
  - Transition offers an opportunity to re-evaluate the quality of your work and life balance
- Identify life goals - both professional and personal
- Accept the transition will take time
- Journal your transition for future experiences
- Write down 'Lessons Learned'
  - Identify what you have learned; these are gifts to learn more about yourself and what makes you happy and fulfilled

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## Defining your Transition

- Planned versus unplanned transition
  - Hopeful .. catastrophe
- Career/Life patterns: work/play
  - Which activities from either your work or play do you want to preserve or eliminate during your transition?
- Create an approach
  - Contact List
  - List of job opportunities
  - Schedule your day
  - Maintain consistency in your schedule
  - Who will support you?
  - Define goals
- Tracking your transition

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## Actions to Accept Change

- Talk to people you trust
- Commit to regular activities that relieve stress and provide relief
- Write out your goals and schedules
- Find resources to navigate your transition

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## Moving On

- Reciprocate to the people who have helped you.
- Give back to yourself and others.
- What benefits have I experienced from this transition?
- What have I compromised?
- What lessons have I learned to guide me through the next phase?

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## Summary

- Planned and unplanned transitions
- Opportunity to reassess your values and define goals
- Create a plan of activities
- Accept change
- Gather lessons learned

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