

FIVE STEPS TO HANDLING AN (UNSEEN) EXIT

- 1. Control the narrative the best you can. Start working on a three - 3 - sentence story that works for all situations to sell this transition. Stay positive. Never say anything negative. Rise above. Write a sample:**
- 2. Activate your network. Book two lunches this week. Every week from now on. Just do it. Start now.**
- 3. Get moving. Go for a swim, a run and/or skydive.**
- 4. Identify all the things you hated about your job. Then go to a kickboxing class this week. Take the list with you. Punch it out!**
- 5. Identify your fear. Write it down. Break it down to one word. Create an action immediately. Step by step.**

HOMEWORK / SELF-WORK / ACTION PLAN:

Call Adam Komich for Headshots. (Komich.com)

Polish your resume and send it to three lifeboaters.

Interview. YES, even if you don't leave.

Write a subject matter expert article or two for LinkedIn for emergencies.

Get boxing gloves. Literally and figuratively.

