

THE TOP TEN WAYS TO SUPPORT YOUR SPOUSE DURING A CAREER TRANSITION

AUTHOR: BOBBIE ROGERS

Copyright 2004 © by Bobbie Rogers, AEI. All right reserved.

10. Professional Short Voice mail message at home. (Employers don't want to wait until a child is done screaming or blabbing in the phone when waiting to leave a message). During a career search never let children answer your phone. They may not comprehend who is on the phone and who they need to speak with. This has happened to employers who on a number of occasions were left on hold for 15 min. while the child yells out the front door for the parent to come in the house and get the phone. This is not only painful on the eardrums but very rude to a prospective employer.

9. Support of good hygiene and clothes when dressing for interview. For example, if their suit needs to be pressed or dry cleaned do it for them instead of complaining about it or nagging them.

8. Support the emotional side of this crossroads by exercising together. This could be as simple as going for a family walk at night, letting this person go to the gym by watching the phone and/or children. This is one of the number one stress relievers that they should support their spouse with. People forget to do this and it's not only a stress reliever but helps your body feel well.

7. It's a full time job to find a job these days. There will be a lot of time during this transition that your spouse will need to be at networking functions. **Support them by encouraging them to go, even if during this "temporary" period it is not the same routine as you had before.** Change your schedule so the seeker can be flexible enough to make the important networking functions as often as possible. In today's economy it's not WHAT you know it's WHO you know. . . support them when they need to be at networking functions on weeknights!

6. Weekends: GET Them out of the house!!! Go to the neighbors for dinner, Go to the park with the children. If it's raining take them to the mall and walk around. Go to the neighborhood pool and grill out there. Go to Stone Mountain and make a day out of it. It's only \$6 for a daily pass and \$30 for an annual pass. You can walk; ride bikes, or run, fish, camp, etc. in one stop shop!!! Your spouse needs to continue the activities that involve people. Encourage them to continue to participate in their hobbies that involve a lot of people. NETWORKING is the key to success in your career search.

5. Stay POSITIVE. Focus on the POSITIVE. Don't let them stay in the grumpy complaining stage too long. Let them vent their frustrations for a reasonable amount of time and tell them about all the great accomplishments they achieved over a lifetime. Help them remember that they do not get their identity from their career, but from their UNCONDITIONALLY LOVING, CARING, and NURTURING GOD!

Psalm 18: 28-29 ²⁸ For thou wilt light my candle: the LORD my God will enlighten my darkness. ²⁹ For by thee I have run through a troop; and by my God have I leaped over a wall.

4. Don't encourage them to take a part time job that is completely different from their career path. Home Depot, McDonalds etc... will not hire you if you don't look the part. When you walk in to fill out an application with nice loafers and a bottom up shirt, you professionally intimidate all those around you. Also, they cannot afford to train you just to have you leave in six (6) months when the economy turns back around. Plus, you've been there already. It will kill your self worth and usually puts you in a deeper depression than you were before.

TRUE Example: By the way for everyone else doing job hunting, I must pass on a bit of wisdom I learned the hard way. Extremely brief contract jobs, like one week long, are more trouble than they are worth. This is what happened to me. I accepted a job in Tallahassee Florida. I had to pay for my accommodations, which was going to be reimbursed in my paycheck. Now my project was to upgrade a system, but due to some incompatibilities, I was unable to accomplish this within the week contract. At the end of the week, I didn't have the funds to maintain being there, so I headed home. I didn't get paid until a week later.

My plan was to return and finish the job, but I was told that I wasn't able to until they got another contract set up.

Anyway, the agency I went through reported to the unemployment agency that I was unable to complete the project and was not eligible for additional work. The resultant fact now is that I now have been without benefits for four weeks. All the money I have earned from this job is now gone. All this for working a week, and thinking I was doing the right thing by reporting the job to the Godly. Oh well, live and learn and good luck everyone.

Takesi (Ken) Akamatsu, Programmer Analyst
Kofax Ascent Capture Expert (used by permission)

3. Do a Couples Bible Study and/or journal entries with your spouse. TALK--don't nag! You write and let the seeker talk. This way you can walk through these crossroads again and be reminded of what you did to help each other and what you did that doesn't help.

2. KEEP THE FAITH! Honor, respect, and remember your wedding vows: for better for worse, for richer or poorer until DEATH DO US PART! Your role during this temporary period is to be the seekers cheerleader! ALL circumstances! Remember this transition could be God's way of growing you closer together in a relationship with him! If you put your pride aside and make the worldly sacrifices to give up some of the worldly pleasures, you will be rewarded in the end 10 fold by having a deeper, closer more intimate relationship with Christ and your loving spouse. Use the savings and 401K's that's why you have a nest egg. Relax! Don't stress...God is in control... If it's meant to be, god will give it all back. Don't forget! HE WILL PROVIDE YOUR EVERY NEED! -

Matthew 26 Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are.

1. STAY CLOSE & CLEAN TO THE LORD through daily Prayer. This one goes without speaking and I know you will touch on this but it is so powerful for the seeker to know their loved one is reaching out and on the same team as them. Pray over every phone

call, connection, resume, application, conversation. God is listening. God DOES care. God has a plan just for you –

Jeremiah 29 ¹⁰ For thus saith the LORD, That after seventy years be accomplished at Babylon I will visit you, and perform my good word toward you, in causing you to return to this place. ¹¹ For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. ¹² Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.

[Scripture references are from The King James Version of the Bible. Rogers is founder and president of Allegiance Employment, Inc. a Career Directions business focusing on staffing, career coaching and career search workshops.]