

# Career Reinvention

An expedition,  
not a day trip

Reasonable Accommodations Available Upon Request

Arapahoe/Douglas Works! Workforce Center  
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[www.adworks.org](http://www.adworks.org)

Arapahoe/Douglas  
**WORKS!**  
Workforce Center  
A proud partner of the [americanjobcenter](http://americanjobcenter.org) network

Thank you for choosing to  
attend our  
**Career Reinvention**  
workshop brought to you by  
the Arapahoe/Douglas  
Works! Facilitation team.

We facilitate all our workshops as if they are in a live classroom setting. Please be respectful and mindful of your camera if your video is on.

# Objectives

“Career” has changed

6 Step process of a career change  
while exploring the new tools for a  
change

# “Career” Then – Breakout Room

When you started your career what where your expectations for your career path?

How and why have those expectations changed?

# “Career” Now

Industry expectations are changing faster

No longer a straight line to retirement

Switching careers is NOT seen  
as a negative

401K rollovers are a way of life

# 6 Step Process of a Career Change



# Step One

Get to know yourself

Prepare for the challenges you  
may face

# Know yourself

What are you changing to?

Hobbies might not be careers

It's on you to own your vision

Assessments – Strengths, Values, Skills

Common myths of a career change

Be my own boss, more money, freedom



# Challenges

Not able to start at the goal job

Take less money now to work your way back up the pay scale

Time with family to reach your goals

Learning new skills can be scary/hard

# Step Two

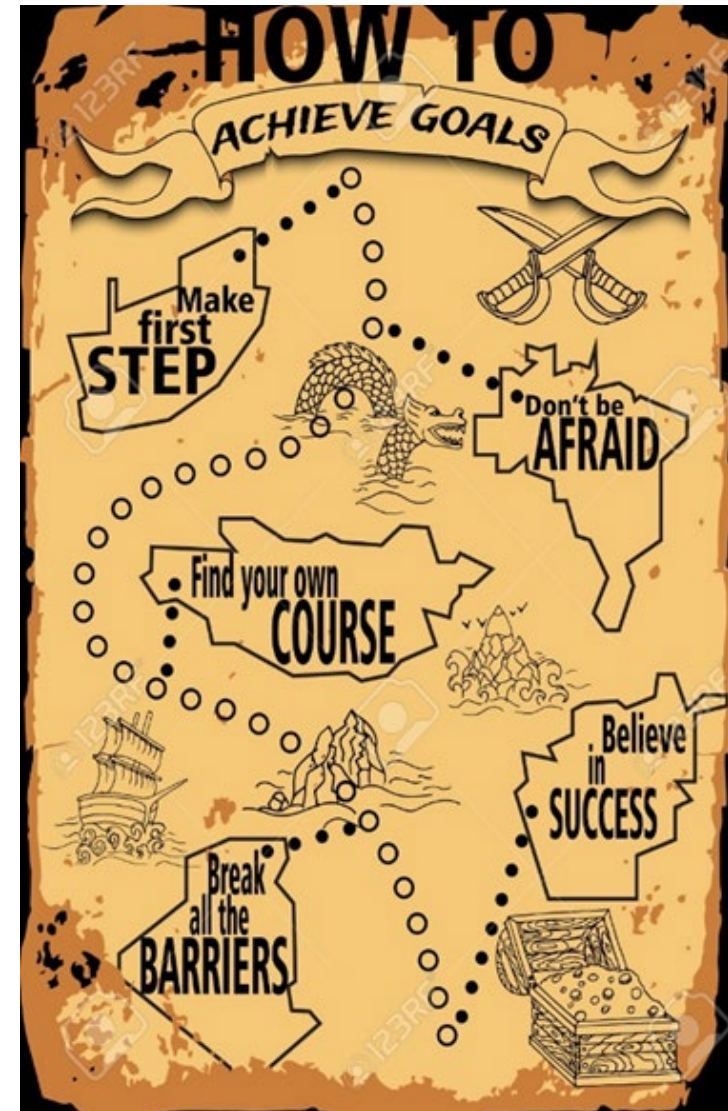
What do you need to know about making a change?

Research industries to better understand the expectations

Set-up Informational Interviews with those in the “know”

Be flexible during the journey

Step away from your comfort zones



# Research

Onetonline.org

EMSI Career Coach

Glassdoor.com

LinkedIn.com

Public Libraries

Job Shadow

# Informational Interviews

Talk to those who are doing it now

Don't be afraid to ask

Have a set list of questions

Ask for additional referrals

Thank you notes/emails

Build up your NETWORK

# Step Three

Build up your network

Reinvention Committee

Networking connectors

Clued in colleagues

Warm and fuzzy supporters

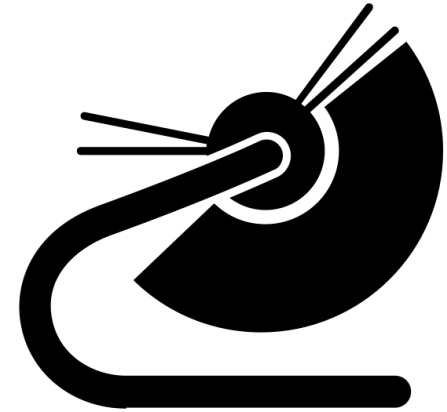
Drill Sergeants

Industry locals

# Networking Connectors

Networking Experts -

Someone with great connections who can put you in touch with others who may be able to help you.



# Clued in Colleagues

Past Colleagues -

Someone you've worked with, who knows your strengths and weaknesses and can discern whether an opportunity is a good match for you and your skills.





# Warm & Fuzzy Supporters

Good Friends -

That will catch you if you fall and can make you feel grounded in moments of despair.



# Drill Sergeants

Motivators -

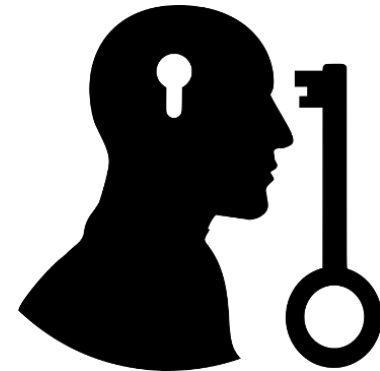
They help you get over yourself when you're paralyzed by fear. They have no patience for excuses, but are nevertheless fully supportive



# Industry Locals

Inside People -

Someone who knows the industry you are planning to enter and has important insider knowledge about the culture – knowledge you wouldn't otherwise have.



# Step Four

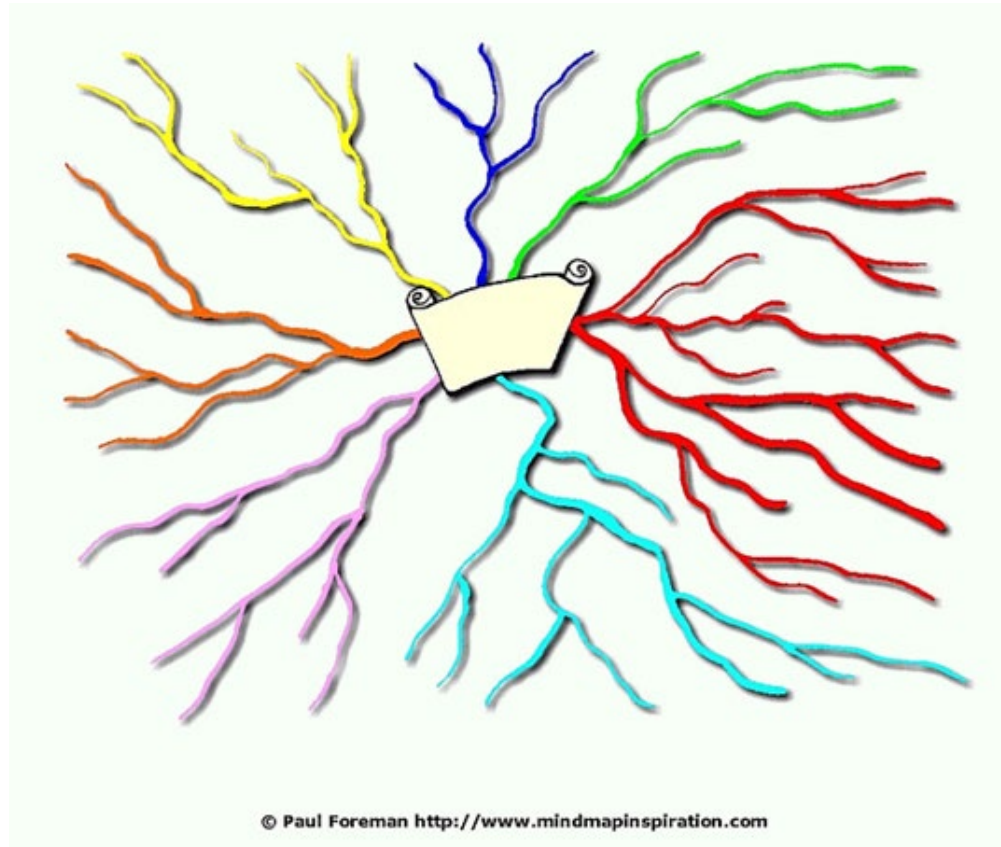
Look ahead and plan for struggles

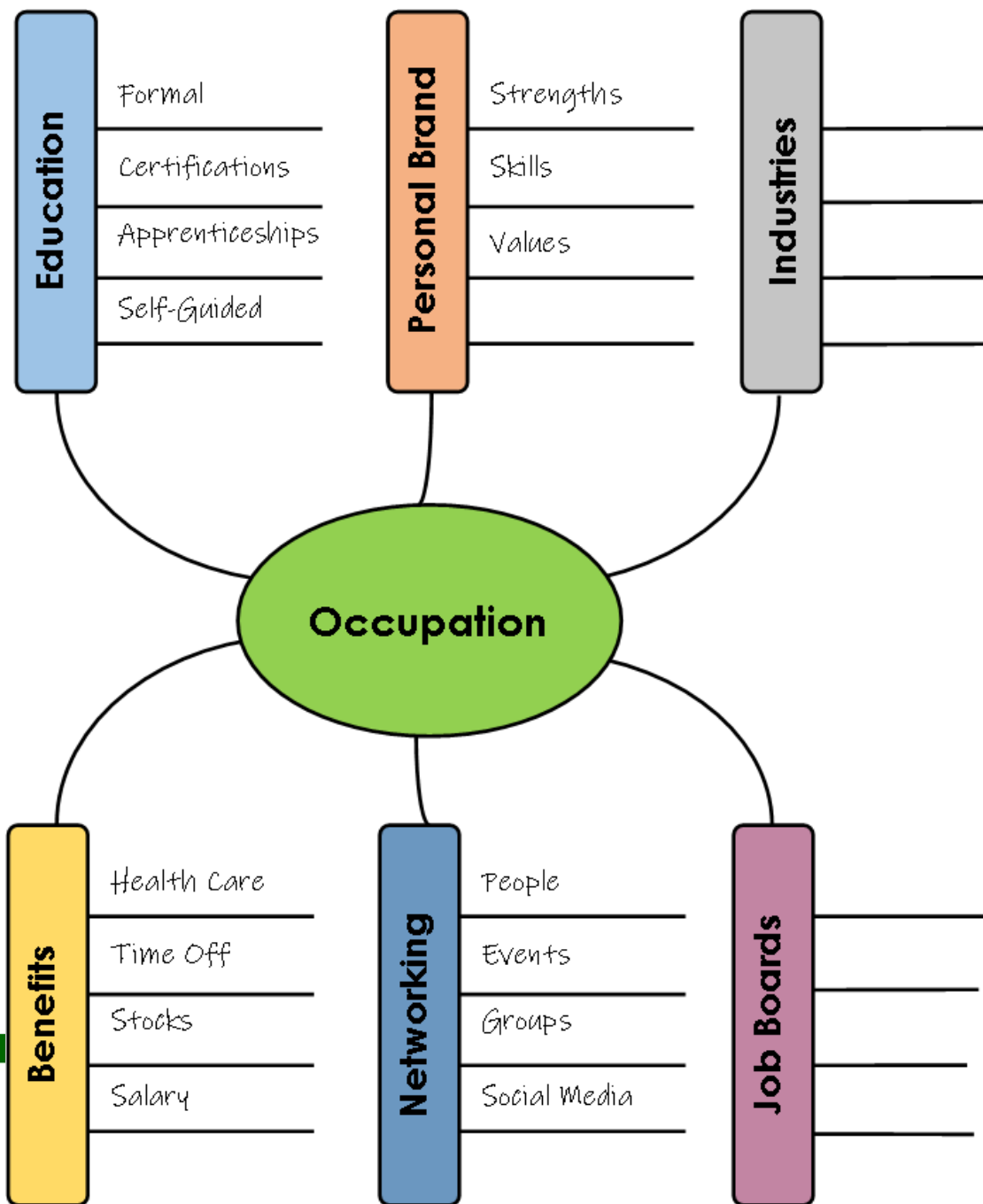
Build your plan

Utilize the [onetonline.org](http://onetonline.org) worksheet

# Your Plan

Build your mind map





# Onetonline.org

## www.onetonline.org Worksheet

**O\*NET OnLine**

Help Find Occupations Advanced Search Crosswalks Share O\*NET Sites

**Build your future with O\*NET OnLine.**

Welcome to your tool for career exploration and job analysis!

**What's New?**  
Updated military information included in O\*NET websites  
[Learn More](#)  
Get O\*NET news by [email](#) or [RSS](#)

Showing top 20 occupations for **Nurse**. Closest matches are shown first.

Code	Occupation
29-1141.00	Registered Nurses <span style="color: orange;">Bright Outlook</span>
29-1141.01	Acute Care Nurses
15-1211.01	Health Informatics Specialists
29-1091.00	Health Education Specialists
29-2056.00	Veterinary Technologists and Technicians
31-9095.00	Veterinary Assistants and Laboratory Animal Caretakers
29-1141.04	Clinical Nurse Specialists
29-1171.00	Nurse Practitioners

**Tasks**  
0 of 28 displayed

- Maintain accurate, detailed reports and records.
- Administer medications to patients and monitor patients for reactions or side effects.
- Record patients' medical information and vital signs.
- Monitor, record, and report symptoms or changes in patients' conditions.
- Consult and coordinate with healthcare team members to assess, plan, implement, or evaluate patient care plans.

**Education**

Percentage of Respondents Education Level Required

Education Level	Percentage of Respondents
Associate's degree	41
Bachelor's degree	27
Some college, no degree	11

**Related Occupations**  
0 of 8 displayed

Code	Occupation
29-1126.00	Respiratory Therapists
29-1141.01	Acute Care Nurses
29-1141.03	Critical Care Nurses
29-2031.00	Cardiovascular Technologists and Technicians
29-2061.00	Licensed Practical and Licensed Vocational Nurses <span style="color: orange;">Bright Outlook</span>

**Wages & Employment Trends**

Median wages (2019) \$35.24 hourly, \$73,300 annual

State wages Colorado Go

Local wages ZIP Code  Go

Employment (2019) 3,096,700 employees

Projected growth (2019-2029) Faster than average (5% to 7%)

Projected job openings (2019-2029) 175,900

State trends Colorado Go

Colorado \$54,940 \$75,100 \$101,390

### Step 1.

Occupation Quick Search:  
Title you want to research:

### Step 2.

Choose the best result

### Step 3.

Look over the sections

- ▶ Tasks
- ▶ Technology Skills
- ▶ Knowledge
- ▶ Skills
- ▶ Abilities
- ▶ Work Activities

### Step 4.

What education is needed?

### Step 5.

Closely related occupations

### Step 6.

Find the starting salary in  
Colorado

\$ \_\_\_\_\_

Whether you think you can  
or you think you can't,  
you're right

*Henry Ford*

# Step Five

Make a list of all the positive ways  
the new career will impact your life

Personal fulfilment

Relationships

Money

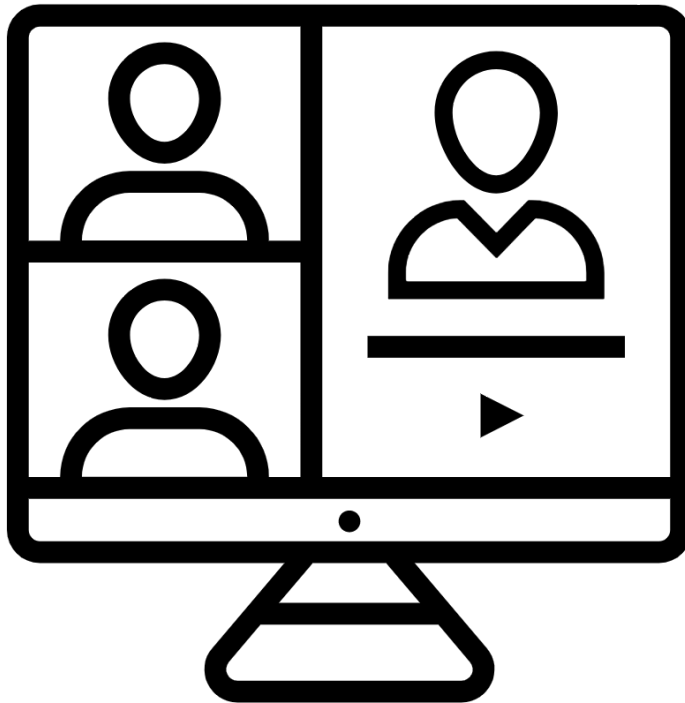
Time

Health



# Positivity – Breakout Room

Talk with your group about the positive ways your life will change



Personal fulfilment  
Relationships  
Money  
Time  
Health

# Step Six

Put it into action

Start with an action plan

Create a core resume

Build targeted resumes

Learn the new interviewing  
techniques and technology

# Keep in mind

You're the one driving the change

Take small actions

Personal fulfilment

Trust your instincts

Find your “walk away point”

Your journey will be different

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R REINVENT  
Y YOURSELF



# Thank you for attending our workshop today.

We'd appreciate your feedback. Please click on the link below to access our workshop evaluation.

We especially enjoy your personal comments.

## **Workshop Evaluation, link**

<https://fs8.formsite.com/adworks/Evaluations/index.html>

## **PowerPoint and Handout, link**

<https://www.adworks.org/index.php/job-seekers/online-powerpoint-workshops/>

## **To reach a Career Services Advisor, link**

<https://www.adworks.org/job-seekers/>

# Resources

Mitchell, P. (2011). *The 10 laws of career reinvention: essential survival skills for any economy*. New York: Prentice Hall Press.

Blake, J. (2017). *Pivot*. Penguin USA.

Tarnoff, J. (2017). *Boomer reinvention: how to create your dream career over 50*. Los Angeles: Reinvention Press.