

# Preparing for unemployment

Society of Petroleum Engineers - SPE GCS Gulf Coast Section  
Members in Transition Webinar

5/8/2020

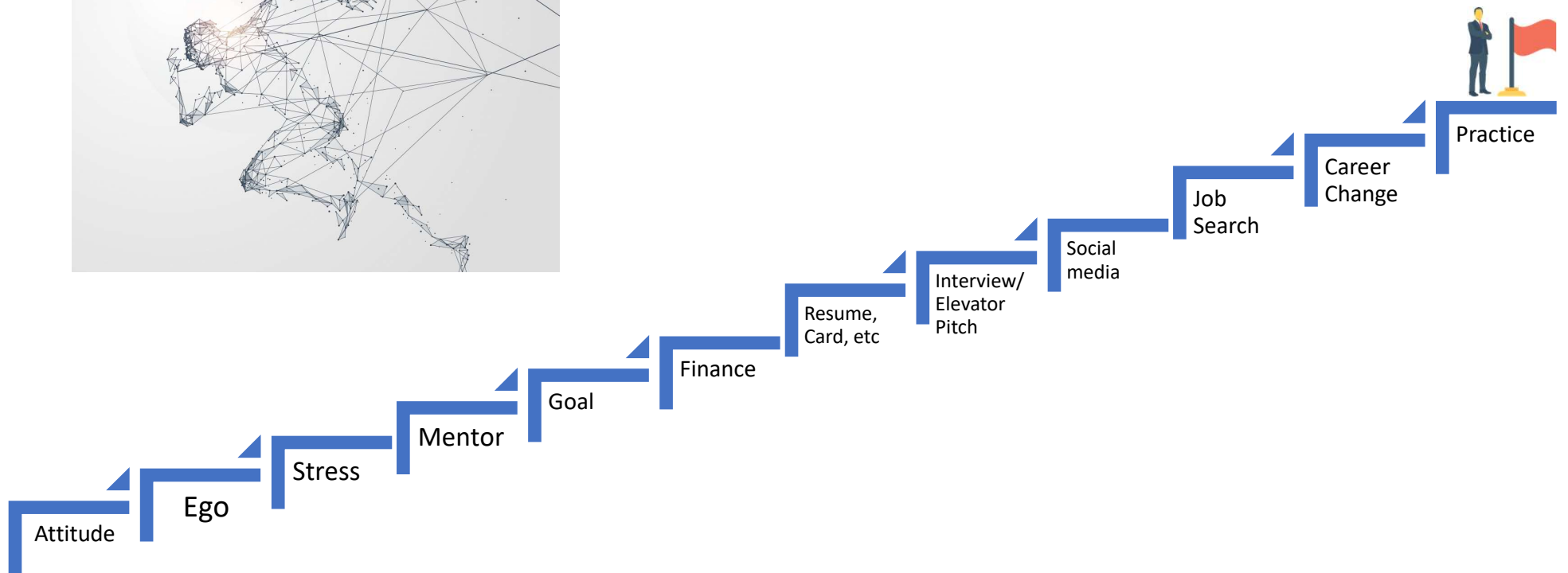
Ramesh Anand  
President – American Personnel Resources LLC  
CEO – Tysonite Partners LLC



We are in turbulent times.  
Life keeps throwing challenges at  
us and we need to accept them  
and at the same time prepare to  
take them heads on



“One important key to success is self-confidence. An important key to self-confidence is preparation.” –Arthur Ashe



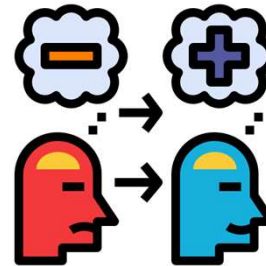
“If you don't like something, change it. If you can't change it, change your attitude.”  
*Maya Angelou*

Attitude is a feeling or opinion  
about something or someone, or a way  
of behaving that is caused by this



“Whenever you are asked if you can do a job, tell 'em, 'Certainly I can!' Then get busy and find out how to do it.” –*Theodore Roosevelt*

- Demonstrate Empathy
- Remember positives in your life
- Don't criticize your former employer
- Demonstrate positivity all around
  - Smile
  - Don't give up
  - Embrace change
  - Be in positive company
  - Positive vocabulary
- Don't be sorry for yourself



“You miss 100% of the shots you don’t take.”  
*Wayne Gretzky*



Ego – the natural human trait  
that changes everything in its  
way and makes everyone fall  
prey to undesirable  
consequences in their life



“Take risks: if you win, you will be happy; if you lose, you will be wise.”  
*Author Unknown*

Gratitude!  
Let Go:  
The Need To Be Right  
The Need To Win  
The Need To Be Superior  
Need To Be In Control  
& Stop Being Offended



“Success consists of going from failure to failure without loss of enthusiasm.”—  
*Winston Churchill*

Stress is how the brain and body respond to any demand. Any type of challenge that may involve a significant life change, or a traumatic event—can be stressful.

Anticipating that one may lose one’s job or losing one’s job can be extremely stressful.





## Common effects of Stress

### On your mood

- Anxiety
- Restlessness
- Lack of motivation
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression



### On your behavior

- Eating habits
- Angry Outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal



### On your body

- Headache
- Muscle pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems



## Some stress relievers

- Getting regular physical activity
- Practicing relaxation techniques, such as deep breathing, meditation, yoga, tai chi
  - Keeping a sense of humor
- Spending time with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music



“All our dreams can come true, if we have the courage to pursue them.”  
*Walt Disney*

A mentor is someone who can guide you through the process and keep you motivated. Find yourself a mentor that understands you and who, you understand



“Find out what you like doing best and get someone to pay you for doing it.” –  
*Katherine Whitehorn*





“Only those who dare to fail greatly can ever achieve greatly.”  
*Robert F. Kennedy*

Get Your Finances In Order



“Success doesn't come to you, You go to it.”  
*Marva Collins*



Unemployment, etc



Investments



Household Expenses



*"The future depends on what you do today."*  
Mahatma Gandhi

Profile Picture



“The definition of insanity is doing the same thing over and over and expecting different results.” – Benjamin Franklin

Cover Letter/  
Resume/  
Business Card

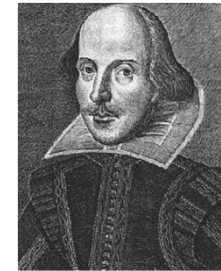
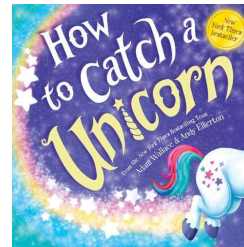
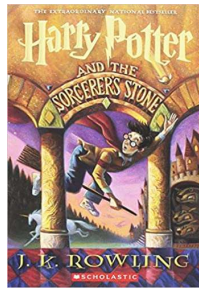


Sadly, it is never about you!



“Find a job you enjoy doing, and you will never have to work a day in your life.”  
— Mark Twain

## The story & the storyteller



An elevator pitch is a short description that explains the concept in a way such that any listener can understand it in a short period of time.



The most valuable of all talents is that of never using two words when one will do.  
Thomas Jefferson

## INTERVIEW



It's not whether you get knocked down, it's whether you get back up.  
Vince Lombardi

## Clean up and develop your social media presence



## JOB SEARCH

NETWORK!



JOB BOARDS



SOCIAL MEDIA

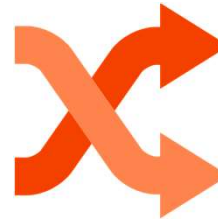


*Practice!*  
*Practice!*  
*Practice!*



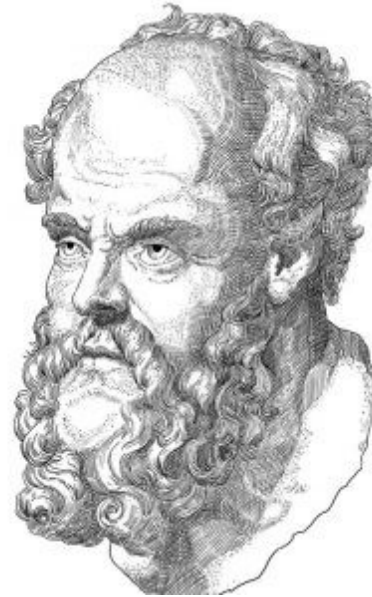
## CAREER CHANGE

Know your strengths  
Know our aspirations  
Know your finances  
Know your staying power













Any Questions?

Ramesh Anand

[ramesh@aprllc.com](mailto:ramesh@aprllc.com)      [www.aprllc.com](http://www.aprllc.com)  
[ramesh@tysonite.com](mailto:ramesh@tysonite.com)      [www.tysonite.com](http://www.tysonite.com)