



ARCH Support

Getting Over the Hump

Getting Through a Slump

Flattening the Curve

Wednesday's Tip Sheet: Steps pros took to get through a challenging time in life.

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TELL US ABOUT A DIFFICULT TIME IN YOUR LIFE:

Early in my career, I quit a great job that I loved because of a family crisis that required my taking care of family members full time - potentially for *years*. The triage of the immediate need initially kept me busy.

When there was more time to think (and feel sorry for myself over a lost career), I let worry creep in. It wasn't that I didn't see my purpose in the situation. Caregiving when there was no one else to do so was definitely important. But what about after the long-term crisis was over? What would I do later in life? My skills would decay. Finding a 'real' paying job then would be next to impossible!

HOW DID YOU GET THROUGH IT?

I had a plan. It included a brilliant strategy and high-minded optimism.

Actually...that's a lie.

The true story: Our kids' growing school badly needed to add building space. A side-bar conversation with the school's principal in the carpool line brought up the need for someone to help write a funding proposal. I'd written proposals in a past job, so I volunteered.

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Nothing great is accomplished alone. With faculty, administration, and a few nights burning the midnight oil, we submitted a proposal and were turned down, missing out on a win by one slot. A week later, the Bill & Melinda Gates Foundation contacted us to resubmit (one of the winning schools dropped out). This time we won the full grant.

It wasn't a paying job, but the skills and activities were resumé-worthy additions that led to my next real paying job.

KEY TAKEAWAY: Not all 'jobs' are income-earning. Even so, volunteer work can be resumé or personal brand-builders in the next step of your career.

FAVORITE QUOTE: *“You make a living by what you get.
You make a life by what you give.”*

Winston Churchill #FillinBigShoes #NextSteps #LifeAdvice #ArchSupport #SupportingYou