



McKenzie Chapter, IAAP

McKenzie Matters

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COMING JUNE 21

Last Meeting of 2010-2011 Program Year

McKenzie Chapter officers for 2011-2012 will be installed at this meeting. Officers and Committee Chairs will give year-end reports and the IAAP theme for the next year will be announced. There will also be a round table where everyone will get an opportunity to have their ideas heard. The McKenzie Chapter especially welcomes input from new members and visitors. Bring your friends and your co-workers, and be prepared for good food, good conversation, and a FUN surprise at the end of the meeting.

A Message From Your Chapter President



It looks like summer is here! I'm so glad. The bike riding this week has been great.

Just a personal insight I thought I would share with you. Earlier in the year I received the book "Buy In" by John P. Kotter. I read it thinking it would be good for something--some time. I don't pitch many ideas in my current position at the front desk. What the book made me realize was that I did need to be better prepared when I need something or want something—not just sell an idea I happen to have. In previous employment I was upper management. I was the one making the rules and coming up with ideas. Everyone listened when I made suggestions. Wow, I never realized that I had become accustomed to that way of thinking! Now I realize I have been my own worst enemy! What a lesson. Not everyone gets the same thing out of what they read or see, but for me that was a great self-improvement lesson. If you have any self-improvement lessons you've learned, I would love for you to share with me.

When we install our Board Members for the 2011-2012 year this month, we will discuss all of these things. In addition, we will reveal what the theme for our new year will be. Please join us for the June Chapter Meeting so we can have a well-rounded discussion **that includes you.**

Best regards to all,
Brenda

Mousepad Musings

“There are two ways of spreading light—to be the candle or the mirror that reflects it.

Edith Wharton, Vesalius in Zante

I'm Unemployed—



Now What Do I Do?

Having unemployed family members, and having been there myself in years past, I have listed some things to do that will be helpful in keeping you focused on finding that next job.

- Give yourself twenty-four hours to wallow in misery. Spend all day in your PJs thinking how badly the world treats you, how you don't deserve this hardship, and how the universe obviously doesn't like you. Cry if you need to. Scream if it feels good. Get darn mad and stomp around the house. At the end of the twenty-four hours, slam the cover shut on that chapter and go take a shower, brush your teeth and comb your hair. Smile at yourself in the mirror.
- Now that you are clean and presentable, find a notebook, pen and a quiet place to sit. At the top of your sheet write “I am not my occupation, and I will not be judged by my accomplishments on the job.” Then proceed to write down all the things that are good about you as a human being and be thankful for those qualities. Think about what a great person you are and smile.
- Make a list of goals for the next week, and smile at how organized you are.

Some examples are:

- Update your resume
- Get your documentation together (transcripts, letters of recommendation, etc.).
- Pull together your interview outfit and have it cleaned and ready to wear.

- Visit your State Employment Office to see if you are eligible for unemployment compensation, training or counseling.
- Call your friends, relatives and neighbors. Tell them you are looking for employment and ask their advice. They will be complimented that you asked for their counsel and you will be honing your networking skills. Smile at how clever you are.
- Get out of the house every day and do something. Walk the dog, go to the community center and swim some laps. Forget your troubles and enjoy your surroundings. Don't forget to smile.
- Every morning remind yourself that you have a job. Your job is to find a job. Spend an hour or two at your computer searching the job sites. If you find an opening that you aren't 100 percent qualified for, apply for it anyway. It can't hurt, and sometimes the employer who hasn't been able to find a person that is 100 percent qualified will interview someone they can train. Smile when you think about the possibilities.
- If the bills are piling up, don't be afraid, or too proud, to take any kind of job. In this economy, people who take jobs they are over qualified for are admired for doing what they have to do. It will show you have "true grit." The old saying that "it is easier to find a job when you have a job" is all too true. Even if the job you have is flipping burgers or driving a cab. Tell yourself it is a temporary job—because it is.
- Paper the world with your resume, and network, network, network. Remember, your job is to find a job and if you don't give up, you will find a job. Give yourself a pat on the back for being so determined.
- If you don't already have a support group outside of your immediate family, find one or create one. Your family shouldn't have to be your sole source of emotional support. They are having a hard time also. Your smile will make them feel better.
- Keep to your regular workday schedule. Get up at the same time, eat healthy meals, get some exercise, and keep in touch with former co-workers, friends and associates. The more you are out and about the more contacts you will make.
- Don't forget to smile. Even forcing a smile will lift your spirits. Smiling can improve your confidence, help you make friends and help you succeed in your career.

Judy Cooper, Newsletter Editor

CALENDAR NOTES

McKenzie Chapter's Strategic Planning Meeting will be held Saturday, July 30th at Tana Baker's farm. More information will be posted on the McKenzie website by July 15th. All are welcome.

First meeting of the 2011-2012 program year will be Wednesday, September 21st at the Boulevard Grill. Meetings have changed from third Tuesdays to third Wednesdays. Put it on your calendar.