

Making our new website

The connection to your future

By Suzie Jary, LCSW, CP, PAT

Our new website, careertransition.org, has an online resource directory that provides valuable tools for exploring the career development process.

At the same time, the Internet and all its resources can be overwhelming and intimidating. So, keep it simple and try the following strategy to allow yourself to warm up to the process of exploration and information gathering.

1. **Ask yourself a specific question**, such as, "What is required to be a nurse? How can I use my dance training skills? Where do I start if I want my own business? What is arts administration? What are the salaries for Physical Therapists?"

2. **Find sites** relating to what you want to find

3. Start with one site, and let yourself **discover and uncover** all the layers of information that literally open up to you.

4. **Impose a time limit** of around 15 minutes to experience a site. This will prevent you from getting so overwhelmed that you never want to go online again.

5. **In the last 5 minutes**, return to thinking about your original question. Hone in on finding some specific information to answer the question.

At another time, ask the same question, but go to a different site. Since information on each website can be limited or biased, you will want to have as full and as accurate a picture as possible.

The Career Development approach A process

A Career Development approach equips dancers with a method or process, for choreographing each stage of their life. This cultivates a sense of empowerment by putting dancers in charge of creating options and making choices for their life. Self-assessment is the first stage in the Career Development Process.

The starting point is you Decision-making

In this stage dancers identify their individual **interests**, **abilities**, **skills**, and **personal style** in order to create decision-making criteria to find a good fit in the world of work. The process is made less fearful by working in partnership with one of the organization's career counselors. Whether in-person or on the phone, Career Transition For Dancers can provide a place and a partner to embrace this process, making it doable and empowering.

Exploration of options, the second stage in the process, means gathering information by practicing **Read**, **Talk**, **Do**.

Explore options Gather information

1. **Read** lets dancers learn about career paths from online resources, books, trade journals, magazines and occupational guides.

2. **Talk** is having conversations or informational interviews with people in occupations or working in fields with which you have a fascination.

3. **Do** can be accomplished by job shadowing, volunteering, apprenticing or participating in an internship; allowing you to move from confusion to clarity.

Moving forward With a Career Counselor

Focus and Goal Setting, **Pro-Active Job Search** and **Career Management** are the subsequent stages in the Career Development process. This can be aided by one of our career counselors who will act as a resource, sounding board and thought stimulator to help navigate these stages as well.

If you're confused You need more information

Exploration and self-assessment can pave the way for the later stages in your career development. So, connect with one of the organization's counselors or view our online resources page to aid your development process. Start the journey to your future now.

Happenings

Across the country

Career Conversations In New York City

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| Nov 17 | The ABCs of financial planning |
| Dec 8 | Holiday networking event |
| Jan 21 | Going back to school for your graduate degree |
| Jan 26 | How to survive and thrive in healing, wellness & fitness careers |
| Feb 23 | The art of blogging |
| Mar 23 | Creating and navigating website design |
| May 4 | The business of being a freelance dancer / choreographer |

Career Conversations In Los Angeles

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| Oct 15 | Lifeline careers |
| Dec 16 | Holiday networking event |
| Jan 22 | Creative re-invention: Craft a more meaningful career & life |
| Feb 17 | The art and skill of finding money for your project |
| Mar 3 | PR & marketing in the 21st century: Websites, blogs, and more |

Keep up to date and RSVP for our many seminars and events by visiting the [Schedule of Events](http://careertransition.org) page at careertransition.org.