The Ultimate Checklist to Kick Off Your Career Search

Valerie S. Williams April 12, 2025

Housekeeping

- The slides will be provided
- Feel free to ask questions
- Ignore the fan



4 depends...

"Luck is what happens when preparation meets opportunity"

Roman philosopher Seneca

The Transition

"Transition" Reactions



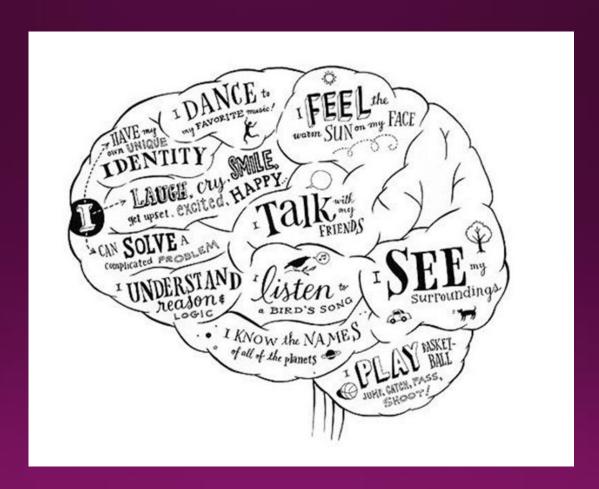




Your Mental Health

Your State of Mind

- Acknowledge your feelings.
 - 5 stages of grief
- Who/what is your support system?
- How do you regroup?
- How do you keep positive?
- What drives you & keeps you going?
- What do your finances look like?
- What makes you laugh?
- LEAVETHE HOUSE



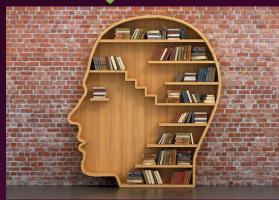
Stress Reducer/Hobby(ies)



















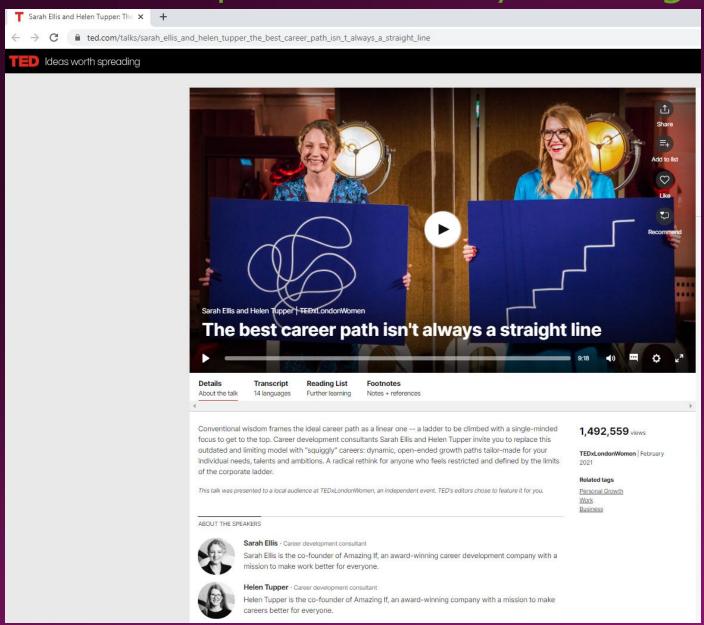






Networking

TedTalk: The best career path isn't always a straight line



Professional Squiggly Line

PMI & Volunteering

Alpha Consulting

BMS Consultant PBRG Project Manager

Enterprise Governance

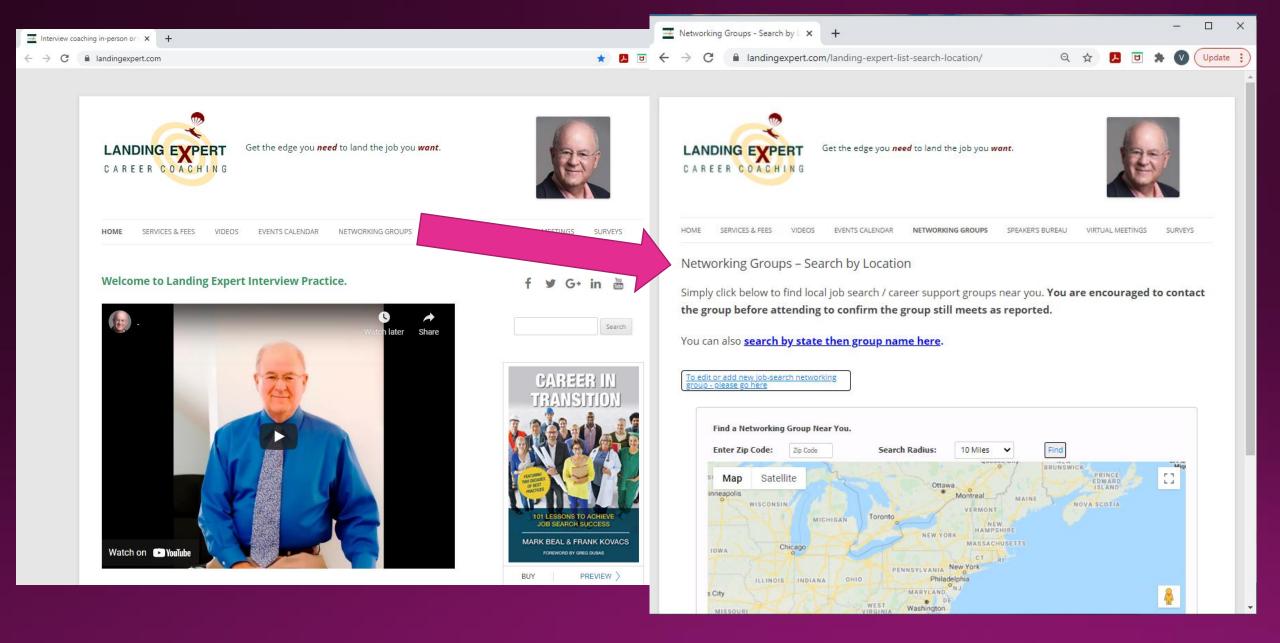
Professional Squiggly Line

Previous Manager Potential Position Incorrect Email Interview Advocates IT PM

Hobby Squiggly Line



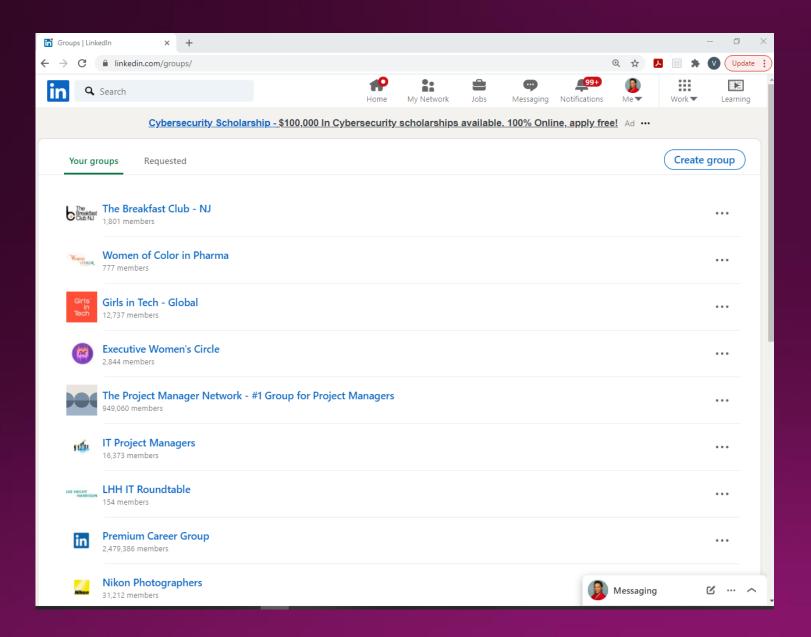
Alex Freund's Networking Group List



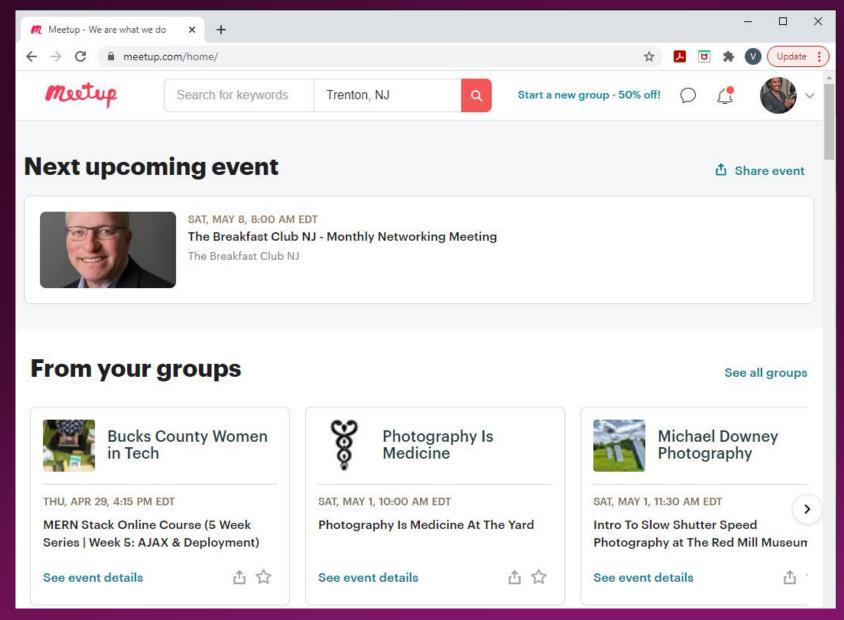
Organizational Meetings



LinkedIN Groups



MeetUp.com



Networking ASKs

- Do NOT ask for a job
- Ask for / about
 - Career paths / options
 - Tips
- Review
 - Training
 - Certifications

- Share
 - Connections
 - Articles
 - Posts
 - Links
- Be Patient

Managing the Journey

Get A Calendar

- Calendly
- Family events
- Networking opportunities
 - Alex Freund's networking group list
- Organizational/industry meetings
- Volunteering
- Interviews



Finances



- Review
 - Monthly expenses including activities
 - Ways to reduce expenses
 - Immediate and semi-immediate availability of savings
 - 401k/IRA and any penalties
- Consult Your Financial Advisor/Accountant
- Know your worth!

How Much Should I Charge as a Consultant? Setting the Right Price for the Value You Offer

- Allie Decker
- "For example, let's say I wanted to make a gross salary of \$60,000 per year. To calculate my hourly rate, I'd divide \$60,000 by 52 (weeks), which is roughly \$1,154 (per week), then divide that by 40 (hrs), which is \$28.85 (per hr). I'd then mark that up 40%, which results in an hourly rate of about \$40 (per hr)."
 - https://foundr.com/how-much-to-charge-for-consulting/

Tracking Spreadsheet

- Recruiters
 - Contact name
 - Company
 - Address
 - Email address
 - Work number
 - Cell number
 - Notes

- Job Submissions
 - Submission date
 - Job title
 - Company name
 - Address
 - Phone
 - Contact
 - Found on
 - Submitted on URL
 - Email used
 - Reference
 - Notes
 - Status

- Salary Info
 - Hourly
 - Daily
 - Weekly
 - Monthly
 - Yearly

Tracking Spreadsheet

2066 miles

- Travel
 - Date
 - Event
 - Organization
 - Location
 - Mileage (1 way/round trip)
 - Tolls (1 way /round trip)
 - Parking

- Training
 - Training Company
 - Address
 - Phone
 - Contact
 - Class name
 - Hours/CEUs/PDUs
 - Number of days
 - Cost
 - Start-End dates

Identify Your Next Career Step



Regroup and Rethink

- What do you like to do?
- What do you NOT like to do?
- What did you like about your previous jobs?
- What did you NOT like about your previous jobs?
- Self assessment



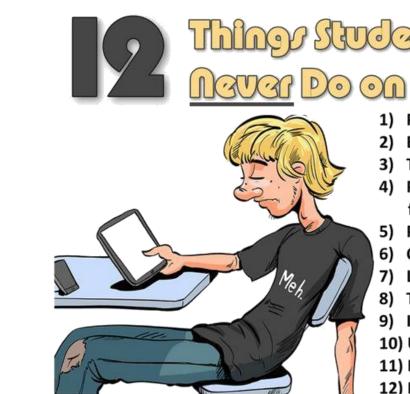
Consider All Options

- Full, part time or contract position
- Own your own business
- Non-profit organizations
- Small vs. large companies
- Alternative industries



Useful Sites

- Company website
- LinkedIn
- Twitter
- Instagram
- Facebook
- Meetup.com



- Do on Social Modia

 1) Post illegal activities
 - 2) Bullying
 - 3) Trash your teachers
 - 4) Post objectionable content from school computers
 - 5) Post confidential information
 - 6) Overly specific location check-ins
 - 7) Lie, cheat or plagiarize
 - 8) Threaten
 - 9) Ignore school policies
 - 10) Unprofessional public profiles
 - 11) Never rely on privacy settings
 - 12) Post emotionally

- Google
- YouTube
- Pinterest
- Flickr
- SlideShare

Beware of...

- Unknown callers/contacts
- Limited LinkedIn profile and/or recently created
- Requests for personal info, e.g. Social Security Number, Banking info
- Unable to find the job on company's website
- Request to click on a link
- Vague job descriptions
- Lack of responsiveness



Documentation

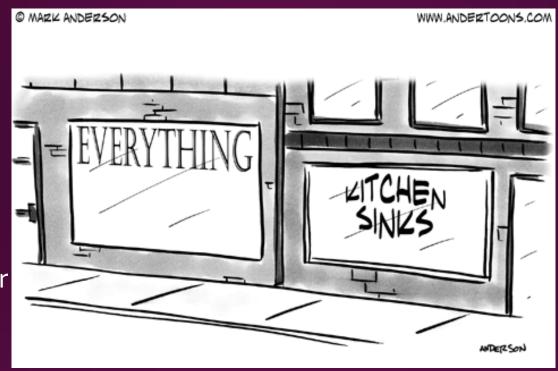
The 5 P's

Proper Preparation Prevents Poor Performance

-shared by Margaretta and possibly from the Boy Scouts

Kitchen Sink Resume

- Summary
- EVERY job you've ever had
- EVERYTHING you ever did
- Spell out acronyms, i.e. A.E., S.A.E.
 - Application Engineer, Senior App Engineer
 - Adverse Events, Serious Adverse Event
- Certifications and/or licenses
- Education
- Technical Skills
- Publications and/or presentations
- Badges from https://www.youracclaim.com/



- Volunteer groups
- Word cloud apps
 - https://tagcrowd.com/
 - https://worditout.com/
 - http://www.wordle.net/

Additional Documents

- Professional Summary
- One pager
- Cover letter
- T-letter
- A thank you letter



Copy of relevant presentations/publications

Answers for standard interview questions

List of questions for the interviewers



		RE: ITTLE
		Dear NAME, I was interested in seeing the TITLE opportunity posted and I would be very interested in discussing the position further. In my career as a developer and manager I worked with several database systems through th concept, identification and selection process, various testing phases and release process. I worked irierctly with clients and vendors throughout my career developing and cultivating relationships. Internally I also lead process and morale improvement initiatives in addition to managing several simultaneous projects. [+]
	FGEG	Project Management including resourcing, scheduling and project plans Identified requirements Unit, system and user acceptance testing
nai	PHASEFORM Net in He	I'm technically proficient with the Microsoft suite as well as other applications and am able learn new systems quickly. I'm confident my skills and knowledge would be of use within your organization. I would linterested in discussing this position further and can be reached at PHONE. Thank you for your tir I look forward to learning more about this opportunity.
	* AL	Sincerely, Signature

Address/LinkedIn URL

ADDRESS

PROFESSIONAL SUMMARY

m seeking a project management position in the IT industry focusing on development and deployment of system applications. I would prefer a local position but I'm considering a commute from my current residence that is no more than an hour away. I am also open to telecommuting. Some travel, domestic or international, is welcome

with the sponsor to provide guidance and direction throughout the technical design and development process throug roduct release. Effectively mentored direct reports and project team members through projects and self-development efforts. Identified, developed and lead educational and moral improvement initiatives within a team environment leading to increased productivity within the department. Capable of articulating concepts within small groups and larger national/international conferences leading to new business opportunities. Effectively researched new system equirements for cross departmental use, identifying possible vendors and guided the team through the selection process. Participated the contract negotiations and created vendor governance plans

KEY SKILLS & AREAS OF EXPERTISE

Project Management	General Management	1 Technical Skills
 Project oversight and reporting 	Team building	 MS Office: Word, Access, Excel, Visio, PowerPoint, SharePoint
Organization & Planning	Mentoring	Oracle, Oracle Inform, Oracle Clinical, Medidata Rave
Budgeting	 Cross functional management 	Reciew/Reciew, Crystal Reports
Resource management	Vendor relationship management	System development and testing life cycle
 Process improvements 	Documentation	Project life cycle

Start date to End date Start date to End date

Start date to End date

Start date to End date

Start date to End date

ADDRESS

Phone

Re: JOB TITLE

This is letter is in addition to my resume and cover letter submitted for the JOB TITLE position within COMPANY NAME. I am interested and well qualified to perform the responsibilities associated YADDA YADDA YADDA with an extremely high degree of success and competency, as follows:

Your Requirements and Primary Duties	My background	
→ Company's requirements	→ Which skills will help resolve/address this requirements	
→ Company's requirements	→ Which skills will help resolve/address this requirements	
→ Company's requirements	→ Which skills will help resolve/address this requirements	

I look forward to exploring this position with you further. Thank you for your kind consideration



Addition Information

- Personal info, i.e.
 - Address
 - Phone number
 - https://voice.google.com/
 - Email address
 - LinkedIn account
 - Certification ID#
- Previous company info
 - Address, phone
 - Previous/last manager's name
 - Previous salary

- College info
 - Degrees
 - Mailing address
 - Transcripts
- Salary
 - Ranges
 - Requirements
 - Health care
 - 401k
 - PTO

Create Sample Presentations/Documents

- Microsoft Project plan
- Microsoft Power Point presentation
- Microsoft Excel spreadsheet/chart
- Marketing plan
- Copy of relevant presentations/publications



Branding - The Elevator Pitch

- Do's
 - Smile
 - Speak up & measured
 - Create multiple lengths, i.e. 5, 10,
 15, 30 secs or 1, 5, 10 mins
 - Name triggers
 - What you can do for the company
 - How you can add value to the company

- Don'ts
 - Mumble or speed talk
 - Avoid long speeches or rambling
 - How long you've been with a company
 - How wonderful you are

Elevator Pitch / Online Introduction

 Good Morning Everyone, My name is Valerie and I'm a Project Manager in Central NJ currently working in Pharma. I have a strong focus on organization and I support my team by helping them to successfully complete the project on time and on budget. I would love to connect and share my network. Look for me on LinkedIN as Valerie S Williams (don't forget the 'S') https://www.linkedin.com/in/valerie-s-williams-pmp/

• Hint: keep a copy in a text file

Email Branding

- Do's
 - Use gmail, yahoo or a branded provider
 - Names should be professional, i.e. johndoe@gmail.com
 - Personal website
 - LinkedIN URL

- Don'ts
 - Use AOL and/or prodigy
 - Non-professional names, i.e. Princess@aol.com, Jane1965@gmail.com
 - Comcast and Verizon information could be lost if you switch carriers

Business Card Branding

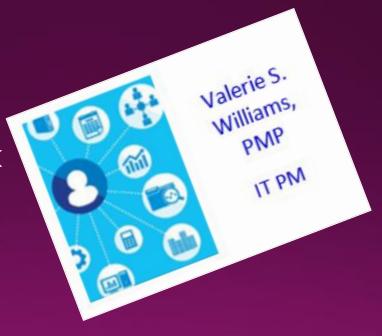




- Business cards
 - Name
 - Title/Job
 - Phone number
 - Email
 - LinkedIn
 - Tag line
 - List of skills for the back
 - QR Code
- Badge/lanyard

http://www.vistaprint.com/http://www.staples.com/https://www.moo.com/us/https://www.4over4.com/www.camcard.com

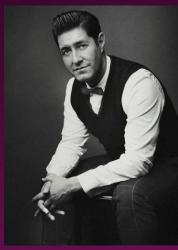
- Business card reader app



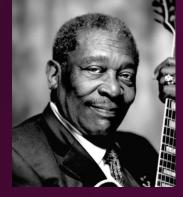
Update Your Profile Pictures

























https://www.photofeeler.com/

Let's Meet

Prepare to Meet



- Quality vs. Quantity
- Setup 1-1, i.e. coffee or video
- What is the goal(s) of the meeting?
 - What do you want learn and/or share?
- Learn about the company and/or person you're meeting with
- Setup time and a place, i.e. coffee or video
- Map and test drive the route
- Track your miles and/or tolls

Prepare to Meet

- Arrive early
- Turn off your phone
- Practice your body language
- Ensure materials for notes are ready
- Reboot your computer/close ALL windows/apps
- Add "Do not disturb" message to your door
- Several outfits, 1 3 outfits and wear pants!





RIGHT Before the Interview

- Power pose, deep breaths
 - Amy Cuddy: Power Pose
- "Absolutely Abby" Kohut:
 - You are Absolutely Qualified
- Know you're prepared



The Interview

- BEYOURSELF!
- Smile
- Firm hand shake?
- Offer to pay for the coffee and do if you can
- Let them know WHO you are
- Learn more about WHO they are
- Make it a conversation
- Setup actionable next steps



Post Interview

- Send a thank you
- Document your mileage, tolls and parking as appropriate
- Prepared to be Googled





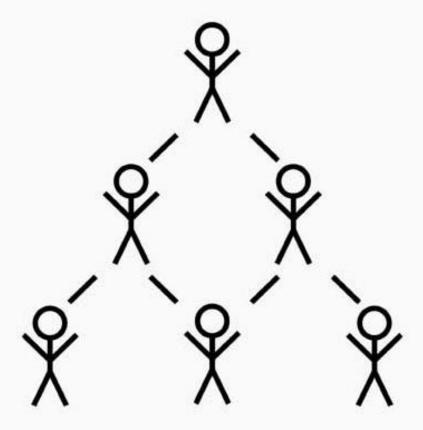






www.fridayreflections.com

Friday Reflections by J. Cook @ Analisa Enterprises, LLC



Pay it Forward!

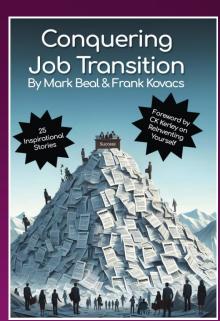
Once You're Hired

- Attend company meetings and events
- Join People Business and Resource Groups/Affinity Groups
- Volunteer internally/externally
- Look for stretch assignments

Contact Info

- Valerie S. Williams
- vswilliams7143@gmail.com
- https://www.linkedin.com/in/valerie-s-williams-pmp/
- Supporting Documents: https://drive.google.com/drive/Job-Hunt-Info
- <u>Conquering Job Transition</u> by <u>Mark Beal</u> (Author), <u>Frank</u>
 <u>Kovacs</u> (Author), <u>Christina CK Kerley</u> (Foreword)

Remember, "tomorrow's future really starts today" in life and your career. -Diane Hasili



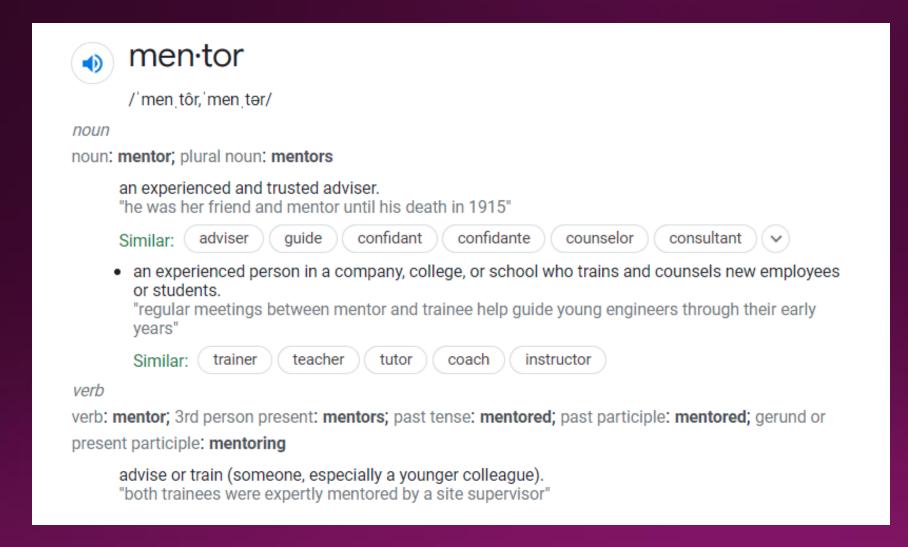
Appendix

Personal

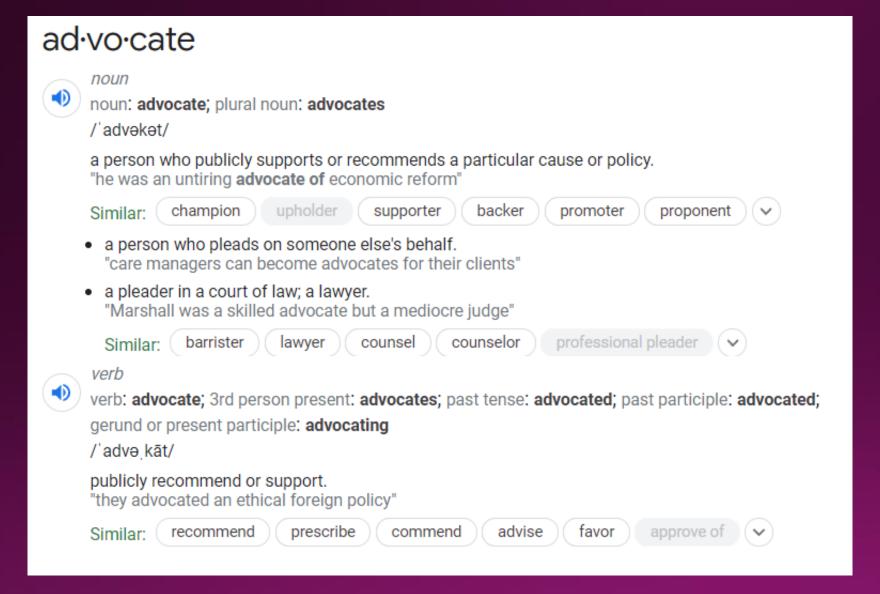
Self Assessment & Tests

- Identify cross functional skills
- Rank your skills
- Ask for feedback from others
- https://www.monster.com/career-advice/article/best-free-career-assessment-tools
- https://www.themyersbriggs.com/
- http://www.funeducation.com/Tests/PersonalityTest

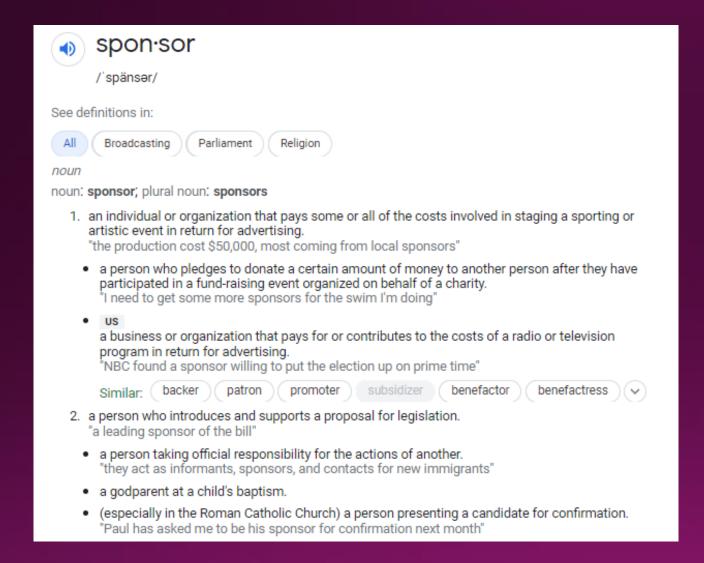
Mentor



Advocate



Sponsor



TedTalk: Carla Harris: How to find the person who can help you get ahead at work

Volunteering Opportunities

- https://createthegood.aarp.org/
- https://www.volunteermatch.org/
- https://www.mynetworkingcentral.com/
- https://www.jobs2careers.com/
- https://www.flexjobs.com/



Documentation

Artificial Intelligence (AI) Sites

- https://chatgpt.com/
- https://claude.ai/login
- https://commenter.ai/
- https://earnbetter.com/
- https://gemini.google.com/
- https://grow.google/certificates/interview
 -warmup/
- https://interviewsby.ai/
- https://openai.com/
- https://www.anthropic.com/

Applicant Tracking System (ATS) – Don'ts

- Lines
- Tables
- Solid black bullets
- Images

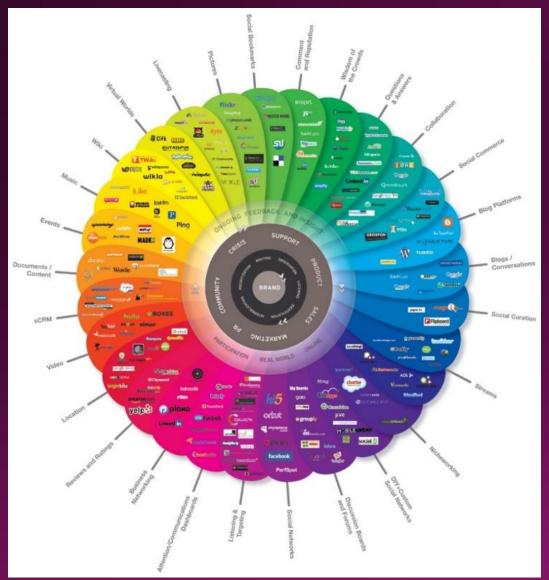
- Headers & Footers
- Don't save as a PDF, HTML,
 Open Office, and Apple Pages
- Hiding text in white
- Text smaller than 11 pts

Applicant Tracking System (ATS) – Do's

- Helvetica, Garamond, or Georgia fonts
- Use formal section headings
- Use a Chorological format
- Use full dates, i.e. Month Day, Year

- Use both the long-form and acronym version of keywords (e.g. "Master of Business Administration (MBA)"
- Save as a Word .doc or txt file
- Use American spellings

Social Media Possibilities



Training

Training/Personal Development

We Can Do IT - University of Phoenix



Training/Personal Development

- Library card
 - Mercer County, <u>https://www.mcl.org/</u>
 - <u>eLibraryNJ.com</u>
 - HooplaDigital.com
- PSG of Mercer County / Professional Development
- NJ One Stop with Unemployment
- Ready to Work NJ (6 months or more)

- YouTube.com
- <u>LinkedIn-</u><u>Learning</u>*
- Microsoft.com
- Udemy.com*
- Skillsoft.com*
- <u>Ted.com</u>

- edX.org*
- MOOC.org
- PluralSight.com*
- <u>TeamTreehouse.com</u>*
- Coursera.org
- University of Phoenix*

Meeting Prep

Video Conference Call Tips

Your microphone is muted.



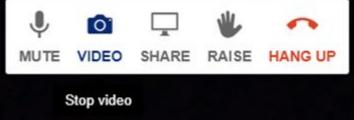












Video Conference Calls Tips cont.

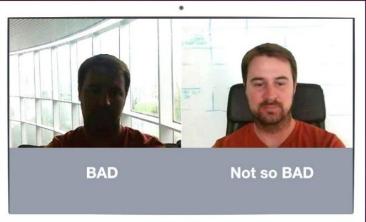


Video Conference Call Tips cont.

YouTube: How to Look Good in

Skype Interviews











Video Conference Call Tips cont.



