



Be Your BEST Self

Sequence Counseling And Consulting Services

Autumn 2015

Autumn is a season of change.

The air around us cools, light softens, and colors brighten to red, orange and gold. We may find ourselves turning inward, preparing our emotional “supply” for the seasons ahead. We may be in new schools or thinking of new jobs or projects to undertake. As fall fills with holiday celebrations of family, the harvest and the New Year ahead, we at Sequence wish you a season of strength, reflection and connection.

SEQUENCE SPOTLIGHT: SMALL STEPS TO CAREER CHANGE

By Becky Roth, MSW, LGSW, Certified Professional Coach
Director of Career Services

Finding a new job can seem like an impossible task if you are thinking of it as a single item on a checklist. This can lead to “all or nothing” thinking -- each day you either find the job or you don’t. Putting yourself under that kind of win-lose pressure can freeze up the motivation of even the most optimistic person.

There are actually many pieces to finding the right job -- the key to moving forward is to recognize and celebrate all the small victories and learning opportunities along the way.

When I was in graduate school, I remember one of my counseling classes focusing on the word *compartmentalize*. It means to “divide into sections or categories.”

I have always liked that word because it makes sense to break things down. When life gets overwhelming, I try to remember to take a deep breath and find ways to compartmentalize whatever I’m facing down into smaller steps.

I recently read a good article on using smaller steps in your job search. Check it out:

<http://www.dummies.com/how-to/content/set-smaller-tasks-to-help-reach-bigger-job-search-.html>



When you begin a job search you can be overwhelmed with many questions and possibilities such as:

- Where do I begin?
- Should I work on my resume or start networking?
- What do I want to do?
- Should I look online for jobs?

If you expect to immediately find a single solution to all those questions, you won’t be allowing yourself the time and space to fully explore the possibilities available to you.

When I work with clients, I find it best if we begin with the basic question, “What do you *want* to do first to begin your job search?”

Starting with something you value makes you feel good and it’s usually something you can easily accomplish. Then, you keep asking and answering more questions until a plan begins to take shape. It definitely helps to have a thinking partner to keep you on track -- whether that is a friend or a career coach.

Finding that new job is a big undertaking and getting started with that first small step is the key. After that, it’s just a matter of “step...repeat...step...repeat.”

AUTUMN GROUPS

Mindful Living Group

Saturdays 10:30-11:30 am

<http://sequenceservices.com/mindful-living-group>

Grief Therapy Group

Mondays 6-7 pm

<http://sequenceservices.com/grief-therapy-group>

Women's Therapy Group

Mondays 6-7 pm

<http://sequenceservices.com/womens-therapy-group>

AUTUMN WORKSHOPS

Career ReStarters Workshops for adults returning to the workforce or transitioning in their career.

Morning workshop 9:30-11:30 Sessions September 30th & November 18th

<http://sequenceservices.com/career-re-starters>

Career Starters Workshops For young adults developing their career plans. Morning workshop 9:30-11:30 Next session October 14th 2015

<http://sequenceservices.com/career-starters>

Bringing Baby Home For New and Expectant Couples. Seminars on topics related to staying strong as a couple. Attend one or all. Offered on Saturday in October, November, January, February

<http://sequenceservices.com/bringing-baby-home>



Contact Sequence:

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NEWS AT SEQUENCE

This summer we had the good fortune of adding to our professional team. For detailed bios of our staff please visit our website:

www.sequenceservices.com/professional-staff



CHAZ PITTS-KYSER, MA

Career Services Consultant

Chaz joins our Career Services team as our lead resume writer. With a masters degree in journalism work in editing and as a prolific writer and speaker on career related topics, Chaz brings skill and experience to creating high caliber resumes.



ANCHAL KHANNA, LCMFT

Psychotherapist

Anchal is a licensed marriage and family therapist with many years working in the university setting as well as in private practice and agencies. Anchal works with individuals and has extensive training and experience with couples. At Sequence she is leading our Saturday Mindful Living Group, and is co-leading our Bringing Baby Home program with Gabriel Chernoff LCSW-C to help couples transition well to parenthood.