

# Career Smarts

Anne Carbert, Career Counsellor & Transition Coach

Listen to my interview with Sherap at [www.annecarbert.ca](http://www.annecarbert.ca) on the Resources page.

Sherap Andrea Winn



Sherap Andrea Winn left the corporate world in 2003 and has since created her ideal livelihood reflecting both her values and talents. She owns a healing arts business specializing in psychotherapy and meditation and thrives on extending the borders of both these areas.

CONTACT SHERAP:

Sherap Andrea Winn, MEd  
Psychotherapist &  
Meditation Teacher  
[www.sheraptherapy.webs.com](http://www.sheraptherapy.webs.com)  
[sherap.winn@gmail.com](mailto:sherap.winn@gmail.com)  
(647) 288-7847

## Managing the Stress of Career & Job Change

The uncertainty of a career change and the rigours of a job search can take their toll emotionally and physically. Learning strategies for managing stress will be a great help in times of transition.

### Sherap's Tips for Well-Being in Career Transition:

1. Find activities that help you relieve stress and stay positive and motivated. It can be very important to have a confidante, counsellor or coach to share your feelings about your transition and hear about the experience of others in similar situations. Find ways to regularly tap into what inspires you and connect with the excitement of your transition.
2. Cultivate ways to be more flexible. Being open to new experiences can help to ease your transition. Mindfulness meditation is one way to create a sense of openness.
3. Acknowledge your accomplishments along the way with rewards and celebration. From simple things like a dinner out to a regular support group where members share their achievements, noticing your progress can relieve some stress about the big picture.
4. Deal with moments of overwhelm by using deep, mindful breathing. Focusing on your breath is a way to ground yourself and make problems smaller. It also cultivates a greater sense of control so you feel less a victim of external circumstances.

### Take Action

*7-Day Challenge:* Find 2 or 3 minutes each day to take 10 deep, mindful breaths.

### Selected Resources

Online: *Overwhelmed? Try Being Mindful with It*, Sherap Winn – article at [sheraptherapy.webs.com](http://sheraptherapy.webs.com); Find free guided meditations from the Chopra Centre and others on iTunes

Books: *Calming Your Anxious Mind*, Jeffrey Brantley; *Wherever You Go There You Are*, Jon Kabat-Zinn

Programs: Sherap offers a *Kick-Start Your Meditation* program and other programs, [sheraptherapy.webs.com](http://sheraptherapy.webs.com)

Anne Carbert, LLB, MEd (Counselling)  
Career Counsellor & Transition Coach  
Toronto, Ontario, Canada  
[anne@annecarbert.ca](mailto:anne@annecarbert.ca) 647-378-1325  
[www.annecarbert.ca](http://www.annecarbert.ca)



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