

EMERGING FROM THE QUARANTINE A BETTER YOU!

Dorothy Tannahill-Moran

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Enhance/Learn new emotional intelligence skills.

**Your EQ is your greatest asset in life and at work.
We can all stand to learn new ways of effectively
interacting with others.**

**Here are some things that will make you a rock
star.**



Online Learning

Free communication and conflict management classes: <https://www.themuse.com/advice/45-free-online-classes-you-can-take-and-finish-by-the-end-of-this-year>

Pig out on over 100,000 online classes:
<https://www.udemy.com/>

Classes from colleges with degrees and certifications:
<https://www.coursera.org/>

Books you should read

Transitions – Making Sense of Life’s Change

William Bridges – [Click here to order online](#)

Presence- Bringing your Boldest Self to your Biggest Challenges

Amy Cuddy - [Click here to order online](#)

Sway: The Irresistible Pull of Irrational Behavior

Rom Brafman - [Click here to order online](#)

Accelerate Your Career - Even With A Bad Boss: A New Approach to Managing Up

Dorothy Tannahill-Moran - [Click here to order online](#)

Figure out a career direction

Personality assessment with occupation report (*one of the only ones I suggest*)

<http://www.self-directed-search.com/>

For understanding yourself better and how that might relate to a career – but fantastic if you want to figure out how to work well with others is the Meyers-Briggs Assessment. There are a **book** and an online assessment: <https://www.mbtionline.com/>

Huge site for exploring various details of 1,000's of careers:

<https://www.onetonline.org/>

40 Jobs for People with SD, Vocal Disorders or Prefer Jobs with Low Interaction


<https://dysphonia.org/low-vocal-interaction-jobs/>

Always be in a job search mode.

I personally believe that you should always be out looking for a better opportunity. It makes you willing to make changes rather than to “put up” with a bad job.

- Update your resume.
- Update or set up your LinkedIn profile. Over 80% of hiring managers and recruiters use it.
- Search job listings on Linked In and Indeed. Do searches for specialty job listing boards. Apply to a few that look interesting or go ahead and apply to 40!
- Update your contact list and get in contact with people from your past.
- Send out inquiries to those people you've thought about contacting.

General Good Things to Do

- Tackle all the low priority things on your To-Do list
 - Clean out and organize your files both in the desk and on your computer.
 - Learn how to optimize your laptop and Office Suite applications.
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DYSPHONIA.ORG

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