

# Sudden & Swift Transition

*Personal Survival After Community Crisis*

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## Preparing for Transition - Start the 1<sup>st</sup> day on the job

- Work-life balance is extremely important.
- Build a support network outside of the office.
- Life/health insurance-be ready to break away.
- Employment contract.
- Honest and frequent communication w/spouse & older children.

## Transition – Early Stages

- Deal w/personal feelings associated with transition  
i.e., fear, anger, depression, etc.
- Recognize our jobs are “different.”
- Be professional-do not burn bridges.
- Resist the urge to “Monday morning quarterback”  
yourself.
- Have a “media plan.”

## Life Balance

The Four Legged Table – You are

- Faith
- Family/Friends
- Finances
- Work



## Transition – Early Stages Cont'd

- Importance of getting a lawyer & an accountant.
- Dealing w/sense of loss & loneliness. “Get ready to feel very alone” (don’t take it personally).
- Reach for the life rafts & let go of the anchors – “Your transition support team.”

## Transition – “Time on the Beach”

- Re-examine your career goals/values. “Don’t be afraid to change paths.”
- Consider jobs, places and sectors outside your default career track.
- Apply for many things. You are qualified, now it comes down to fit. None of us fits everywhere.
- Be prepared to spend 6 months or more “on the beach”.
- Be prepared for “the question” when interviewing.

## Transition – “Time on the Beach” cont’d

- Remember to relax along the way. Take advantage of the time away. Treat it as a mid-career sabbatical.
- Remember that your transition affects others. Your spouse and children may be dealing with significant emotional issues and they may not tell you. Communication is key and difficult.
- Have a “media plan.”

## Post Transition – Resettlement/New Beginning

- Establish a fair contract & clear expectations up front.
- If possible, move there as quickly as possible with your family.
- Put the past behind you, learn from your experience, but don't relive it.
- Act as a professional & without fear.
- Begin transition plan.



# Questions/Comments?

Additional Information...





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