

# I Just Lost My Job – Now What Do I Do?

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## Background

- August 1987 – DOE Salt Repository Project Office – Hereford, Texas – General Engineer
- December 1987 – Project cancelled by congressional action
- My boss Gordon Appel “Don’t lose your shit”
- Transferred to DOE Chicago Operations Office

## Background

- April 1990 – Heritage Remediation/Engineering – Romeoville, IL – Project Scientist
- May 1994 – Heritage Environmental Services – Lemont, IL – Compliance Manager
- December 1998 – Boeing Irving Company – Irving, TX – Environmental Engineer
  - September 11, 2001
- June 2004 – BAE Systems bought Boeing Irving Company – Environmental Engineer
- July 2007 – BAE Systems – Austin, TX – Compliance Manager
- January 2012 – RSR Corporation – Dallas, TX – Senior EHS Compliance Manager
- February 2018 – Layoff

## Be Prepared

- 2018 DOE Repository Project – still not funded or built
- Mid 1990’s Environmental/Remediation business was fading
- TSD Permit – Owners signature required on permit applications
- After 9/11 Boeing aircraft sales fell dramatically – workforce was cut nearly in half within 2 years, divestiture of ancillary manufacturing facilities
- BAE Systems consolidating manufacturing operations and loss of major contracts
- RSR/depressed oil/gas prices

## Be Prepared

- Layoffs/downsizing rarely happen without warning
- Look for the signs
- Take note of the rumor mill... with a grain of salt
- Don’t think you’re not expendable
- Keep your options open
- Don’t burn bridges
- Budget



## Move On

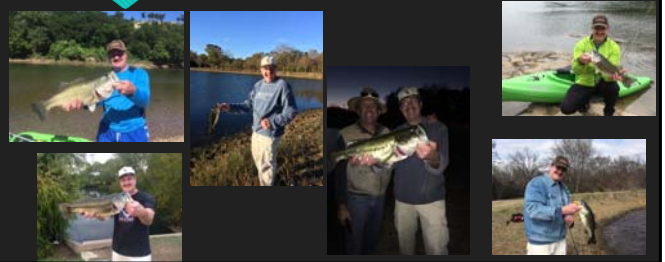
- Range of emotions
  - Panic
  - Exhilaration
  - Rage
  - Self Pity
- This is Normal
- Get over it and focus on the future



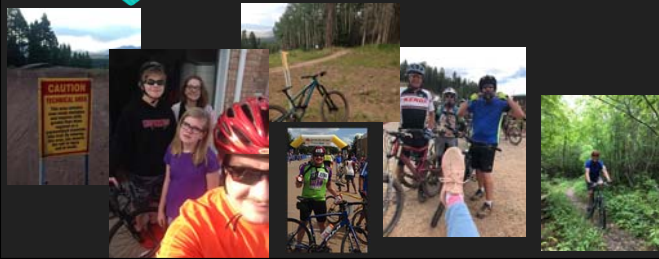
## Move On

- Keep or develop a routine (Kids supper)
- Keep doing the things you like to do
  - Fishing
  - Kayaking
  - Biking
- Complete those projects you've been putting off
- Outline your game plan
  - Can I retire?

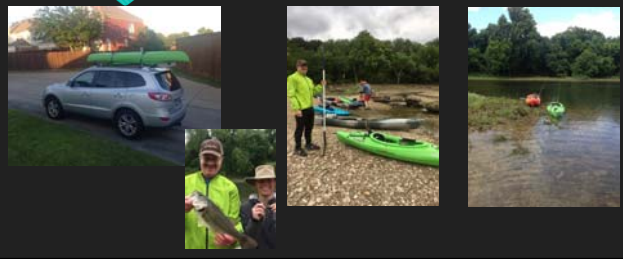
## Go Fishing...



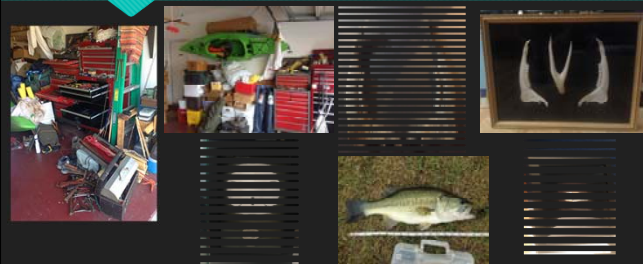
## Or biking



## Or Kayaking...



## Complete those projects



## Catch up on movies/reading...



## Build a bike rack



## Exercise

If you don't have one, start one

Start slow, be consistent

Weights  
Yoga  
Biking  
Hiking

Stick with it



## Game Plan

- Schedule your time
- Network
- Finances
- Personal Development



## Network

- Tell Everyone..., yes everyone
- Update your resume
- Resources
  - Local support groups - Southlake Focus Group
  - Local library
  - Internet job boards
  - LinkedIn / Headhunters
- Attend professional conferences



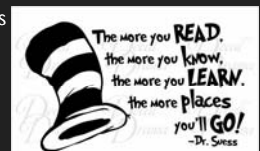
## Finances

- File for unemployment – not a straightforward process
  - Delay in first payment
  - Keep records
- 3 teenagers/2 mortgages/child support/insurance/credit cards
- Budget
- Savings recommendation (12 months living expenses)
  - For every \$10K in income estimate 1 month out of work
  - More if you are over 50, have geographic restrictions, or niche skills
- Insurance
  - COBRA \$\$\$\$\$\$\$\$\$\$
  - Medishare



## Personal Development

- Read
- Take a class
- Keep up on the industry/regulations
- Volunteer





## Your Narrative

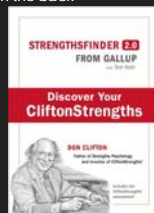
- Your layoff will come up – make sure you know what you're going to say
- Try to do it without bitterness :)
- Elevator speech – 10-12 second intro to summarize yourself and your qualifications
- Develop your brand - marketing tool – selling yourself
- STAR stories – Situation, Task, Action, Result

## Tips

- Strength Finders 2.0 – Don Clifton
- Strengths/Core Values
- How to answer the 64 toughest interview questions
- STAR Tips
- Cover Letter strategies
- Focus/Accountability Groups

## Strength Finders

- Short book with lots of information (<\$20) code for online test in the back
- Top 5 Strengths – the book will tell you what they mean
  - Relator – Relationships/close friends
  - Responsibility – takes ownership and follows through
  - Analytical – Prove it with facts and data
  - Learner – Love to learn
  - Intellection – Like mental activity
- Helpful in developing resume, and STAR stories



## Toughest Interview Questions

- Guidelines to develop your answers
- What to do – and what not to do...
- Invaluable review before an interview
- Great tips for the toughest questions
- Available online (or I can email you)



## STAR Tips

- Lucky to have interviewed with Toyota North America
- Very positive experience
- Tools for success
- Interviews were conducted looking for STAR stories as answers
- "give me an example"
- Emailed to me prior to the interviews (I can send to you)

## Cover Letter Strategies

- Open with a quote
- Pique their interest
- Pay attention to company news
- Tell a story
- Show your passion
- Write unconventionally (boast)
- Don't repeat what's in your resume

## Focus/Accountability Groups

- SFG Mission Statement – SFG is an independent, nondenominational networking group for professionals in career transition. SFG exists to support all job seekers during their job search at no charge.
  - Recommended to me by two different people
- Accountability Groups – small groups of individual job seekers meet regularly to compare notes, share experiences, and maybe drink some adult beverages.

## Conclusion

- Hopefully, you'll never need this information
- But, if you do...
- Network, network, network
- Be likeable
- HOPE – Help One Person Everyday