Creating an Adaptable Life

Johanna Rothman

New: Manage Your Job Search

www.jrothman.com
jr@jrothman.com
@johannarothman
@johannarothman

781-641-4046
What Would You Do If …
A Midlife Crisis!

- My old life was gone, never to return
- I had a new life, whether I liked it or not
The problem is not the problem. The problem is how we deal with the problem.
Everyone Adapts
What Was I?  A Survivor
Face the Loss

* Before/After
* What must you do?
* What can you do?
* What provides you joy?
* What no longer enhances your life?
Small Steps

- Take a step and get some feedback
- Learn from it
- Repeat
- Inspect/Adapt
I Read More Books

* My docs told me I was a “medical mystery” and there was no cure
* Ha!
See the Reality

- Who can you fool most often?
- We need feedback to see ourselves and our capabilities
Keep Laughing

- I had plenty of pity parties
- We made deaf jokes and dizzy blond/broad jokes immediately
- Oscar Wilde said “Life is far too important to be taken seriously.”
Maintain Physical Health...

- Drink water...
- Gym, PT, dance, you name it,
  I do it
Emotional Resilience
Another Great Resilience Book

- Chapter 14
- Sublimation
- Altruism
- Suppression
- Anticipation
- Humor
Ask for Help

* You cannot do what you need to by yourself
* Asking for help is a sign of strength
* It’s a gift to other people
Build Your Community of Support

- I ask people at conferences
- I ask people in my workshops
- People at the airport, on trains
- People are wonderful
Family Support is Critical
Achieve Some Success

- Small wins make you feel accomplishment and provide you some feedback
How Do You See Yourself?

- How do you describe yourself?
- You are not a label or your role
Discuss the Undiscussable

- Things will not proceed as you like all the time
- You will need to make difficult decisions
- You must be able to discuss them with your family and/or counselors
Pick and Choose

* I say Yes and No very carefully
Target for Success

* What does success mean for you?
Persevere

- What is the most desirable trait in a candidate?
- How do we learn to succeed?
Start Here

- Take one small step
- Get a little feedback
- Learn from it
- Try again
Stay in Touch?

* Pragmatic Manager:
  www.jrothman.com/pragmaticmanager
* CreateAdaptableLife newsletter:
  www.createadaptablelife.com
* On LinkedIn:
  www.linkedin.com/in/johannarothman

![Diagram showing a word 'SOLUTION' with options A, B, C, and D, with B and D crossed out.](image)