## Personal Resources

Know Yourself and Your Strengths\*

What are your strengths?   
What talents do you bring to the organization?  
Where are your weak points?  
What capacity and capability do you have to take on new roles/responsibilities?  
How can you be flexible within the reorg?

Find Your Place

Where do you fit within the new organization?  
How is this different from before?  
What does this mean to you?  
What new opportunities are there?  
Where/how can you make a difference?

\*Discover Your Strengths

* Enneagram - [www.enneagraminstitute.com](https://www.enneagraminstitute.com/); The Enneagram has been widely promoted in both business management and spiritual contexts through seminars, conferences, books, magazines, and DVDs.In business contexts it is generally used as a typology to gain insights into workplace dynamics. It has been described as a method for self-understanding and self-development.
* Myers-Briggs - [www.16personalities.com](https://www.16personalities.com/); The Myers–Briggs Type Indicator (MBTI) is an introspective self-report questionnaire designed to indicate psychological preferences in how people perceive the world and make decisions.
* DiSC Profile - [www.discprofile.com](http://www.discprofile.com); DiSC is a personal assessment tool used to improve work productivity, teamwork and communication. The DiSC model provides a common language that people can use to better understand themselves and to adapt their behaviors with others.
* Strengths Finder - [www.gallupstrengthscenter.com](http://www.gallupstrengthscenter.com); To help people uncover their talents, Gallup introduced the first version of its online assessment, StrengthsFinder, in the 2001 management book *Now, Discover Your Strengths*. Loaded with hundreds of strategies for applying your strengths, this *Wall Street Journal*, *Businessweek*, and *USA Today* bestseller will change the way you look at yourself -- and the world around you -- forever.

**Float, Flail, or Sink in the Tides of a Reorg**

EDUCAUSE Connect Miami, Apr 6, 2016

http://www.educause.edu/events/educause-connect-miami/2016/float-flail-or-sink-tides-reorg

## If you feel like you are sinking

What to Do Right Now (or How to Change Your Attitude ASAP)

* Be kind to yourself; stop negative self-talk about looks, skills, or intelligence
* Limit time with people who are primarily critical and/or negative
* Drink more water than caffeine; add lemon juice to water to offset acidity and acid reflux
* Walk at lunch to clear your head and let the endorphins recharge you
* Release frustration through high intensity activities like kickboxing, basketball, or swimming
* Release stress through yoga and/or meditation

* + [Relaxation Yoga and Meditation](http://www.amazon.com/gp/product/B001LJLCJC) - DVD

* + [Beginner Hatha-style Yoga for Everyone](http://www.amazon.com/gp/product/B002P8LKBS) - DVD
* Begin each day in silent thankfulness, prayer, meditation, or just listening to calming music to center your mind positively

* + [Song for Monet](https://itun.es/us/HVajR?i=723782932), David Lanz (piano instrumental)

* + [Teyatha Om Bekandze](https://itun.es/us/oor1j?i=164959424), Bhakti Music - Medicine Buddha (vocals, guitar, hand drum)

* + [Le onde](https://itun.es/us/1fcjj?i=153362807), Ludovico Einaudi (piano instrumental)

* + [Gold (A Cappella)](https://itun.es/us/toMnE?i=506881232), David Abeles and others
* Find a mentor outside your organization to help you gain perspective
* Prepare, just in case; take pride in your accomplishments and re-discover your strengths

* + [How to Write a Killer LinkedIn Profile](http://www.amazon.com/gp/product/0996299602), Brenda Bernstein

* + [Job! How to Find Your Next Job in 1 Day](http://www.amazon.com/gp/product/B008PDAY3W), Rick Gillis (read this for current resume tips)
  + Begin reviewing the job market
  + Expect a minimum of three months to find a new job
* Choose carefully what you watch and read (i.e.: humor, triumph without a ton of gore)

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| [The Martian (2015)](http://www.imdb.com/title/tt3659388/) | [The Forbidden Kingdom (2008)](http://www.imdb.com/title/tt0865556/) | [Second Hand Lions (2003)](http://www.imdb.com/title/tt0327137/) |
| [Maleficent (2014)](http://www.imdb.com/title/tt1587310/) | [Stardust (2007)](http://www.imdb.com/title/tt0486655/) | [Bringing Down The House (2003)](http://www.imdb.com/title/tt0305669) |
| [This Means War (2012)](http://www.imdb.com/title/tt1596350) | [Charlie Bartlett (2007)](http://www.imdb.com/title/tt0423977/) | [Gladiator (2000)](http://www.imdb.com/title/tt0172495) |
| [The Intouchables (2011)](http://www.imdb.com/title/tt1675434/) | [Keeping Mum (2005)](http://www.imdb.com/title/tt0444653/) | [The Matrix (1999)](http://www.imdb.com/title/tt0133093) |
| [The Proposal (2009)](http://www.imdb.com/title/tt1041829/) | [Napoleon Dynamite (2004)](http://www.imdb.com/title/tt0374900) | [Saving Private Ryan (1998)](http://www.imdb.com/title/tt0120815/) |
| [Forrest Gump (1994)](http://www.imdb.com/title/tt0109830) | [Die Hard (1988)](http://www.imdb.com/title/tt0095016) | [Ferris Bueller’s Day Off (1986)](http://www.imdb.com/title/tt0091042/) |
| [Terminator (1984)](http://www.imdb.com/title/tt0088247) | [Star Wars (1977)](http://www.imdb.com/title/tt0076759/) | [Rocky (1976)](http://www.imdb.com/title/tt0075148) |
| NPR - [Engines of our Ingenuity](http://www.npr.org/podcasts/510030/engines-of-our-ingenuity) | NPR [TED Stories](http://www.npr.org/2014/12/18/369684036/playlist-inspiring-stories-youll-want-to-share) | Anything by Terry Pratchett or Orson Scott Card |