



# Job Fair & Job Transition Resource Day

Wednesday, May 20, 2009 (3:00 p.m. – 7:30 p.m.)

- **Emotional Bailout in Tough Times – 3:00 p.m.**  
*with Emma Mellon, Ph.D., Licensed Psychologist*  
Life in a time of financial collapse challenges us to settle more deeply into our humanity, deeper than net worth or fear. In that quiet and stillness, new ideas, new energy and refreshed coping skills emerge.
- **Life Balance During Turbulent Times – 4:00 p.m.**  
*with Jim Anderson, Professional Coach*  
While you may be preoccupied with work and financial concerns, it's crucial to maintain balance in other areas of your life in order to be at the top of your game. In this interactive workshop, you'll learn about some powerful yet simple tools to help you achieve better balance. Expect to leave the workshop with the following outcomes: (1) clarity on areas where you want to increase your satisfaction, and (2) some concrete goals to help get you there. This presentation offers basic emotional survival skills for difficult times.
- **How to Get Your Resume Noticed – 5:00 p.m.**  
*with Phyllis Bellopede, Career Consultant*  
This presentation will be two-fold: The first part will offer a general overview on how to tailor your resume to get it noticed by different employers and the second part will explore this transitional time in your career to discover available options
- **Don't Try to Fit A Job – Create One That You Love!– 6:00 p.m.**  
*with Dale Power, President of Big Shoes*  
Are you tired of trying to fit into a job description that only fits some of your strengths? Are you tolerating work you dislike or hate? Find out how you can create a job that you love. Discover what it's like to jump out of bed in the morning happy to be going to work. It is possible!
- **Surviving a Lay-Off – 7:30 p.m.**  
*with Paul Tedeschi from Raymond James Financial Inc.*  
This presentation will guide you on how to best handle all financial aspects of your life when you are laid off. It will answer questions about what to do with old retirement plans and how you can create a budget during times of job loss.



## Job fair information

Come to the Abbey dining room to meet with area businesses. You will have the opportunity to visit with recruiters and discuss employment opportunities with them. A list of companies will be provided with the time of day they will be at the Abbey. (Contact our receptionist for further information.)

Pathways Career Transition Ministry, Daylesford Abbey's Spiritual Directors and Stephen Ministers will be present in the Abbey dining room to offer on going individual and group support to those seeking spiritual guidance in these tough economic times.

### Daylesford Abbey

*A healing and reconciling community*

[www.daylesford.org](http://www.daylesford.org)

220 South Valley Road

Paoli, PA 19301

**Programs are totally free – you must register!**  
**610-647-2530 ext. #133 (registration line) ext. 100 (receptionist)**