



Job Ready, Job Savvy: Moment of Enlightenment

From Deepak Chopra, "It's in the unknown that we move through life pretending that it is known..."

While watching a clip of Deepak Chopra on IconoClast, it occurred to me that these words may have more relevance than even Deepak himself knows, as it relates to today's job seeker. While Deepak was talking about his personal journey through life and how he embraces each day's challenges and the excitement of the unknown as a road to learning and enlightenment, it struck me as a wonderful way to manage the challenges of today's job market.

Connect, Influence, Create and Achieve

I hear so often from those in transition how the uncertainty of these economic times is nerve wracking. How not knowing is sometimes the hardest part of the job search process...Not knowing if your resume was received, Not knowing if you said the right thing on the job interview...Not knowing...you fill in the blank. There is plenty of not knowing to go around, along with the anxiety that goes along with it. Perhaps we've been thinking about this all wrong. Perhaps Deepak is on to something here! Just possibly, embracing the unknown is the **connect**ion to that long sought after "known" entity.

So bear with me for a moment as I unravel this idea. Just imagine for a moment, that not knowing allowed you to release yourself from the pressure of knowing. Imagine that not knowing released you from trying to fit the mold of what you know.

Then, here's the scenario, you've let go of the known. You show up for a job interview unassuming but confident. You show up with no pre-conceived judgments or expectations just an open mind and spirit. You have no idea what's in store but you show up engaged and in the moment; ready to ask questions in a way that shows interest, forethought and analytical skills. You become keenly aware of your talents during this interview in a way that is not about arrogance or cockiness but in a way that is an authentic culmination of all your experiences. You then offer yourself as the solution to your perspective employer's problems and have suddenly found yourself able to **influence** your perspective employer that you're the right person for the job.

Imagine for a moment that not knowing allowed you to **create** your own story, write your own ticket and open yourself up to opportunity. Some may say my idea is a bit of a stretch, somewhat far fetch and maybe a little too optimistic for the real world. But, three times in the last month people I have worked with to help them through their transition have said that opportunities arise when they let go of the hold that "knowing" had on them. Strict adherence to what we "know" to be true about ourselves, our skills and abilities, and our worth can present barriers to what we can achieve. I've heard things like it was the best or easiest interview ever. One client even got two job offers after months of not even getting job interviews. My theory and advice throughout our work together was basically, "get over yourself."

Many of us go through several phases of self exploration, only to find that once we know ourselves; we become attached to what we've found out and create an identity which is inflexible. In fact, it can imprison us in old habits, old thoughts and old behaviors. Once we allow ourselves to face the unknown we can free ourselves of the pretense of knowing it all, knowing more and knowing better than the next person. Once we give up the pretense of knowing, we show up at every opportunity open to what is really before us. Sometimes what's before us is a great opportunity and sometimes what's before us is not. But, isn't it great to know that through exploration of the unknown there is an opportunity to grow, to become self assured and to know the difference between a great opportunity and a bad one so that you can continue to move forward. Let go of the pretense of the known and allow yourself to be open to opportunities before you. To put it more practically, those of you out there in transition, trying to find that dream job, may do well not trying to fit it the same old mold, explore an unknown field and let your known skills and abilities emerge in a different way.

What's your take on this? Is Deepak on to something beyond spiritual enlightenment that can transcend our troublesome times? Join the conversation! Especially, if you're one who has ventured into the unknown and uncharted job market and found something enlightening on the other side.

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