

# Moving Forward Professionally From the Unexpected!

Here are our four tips for professionally framing your field experiences:

## Honor and Then Cut Your Losses

It is important to attend to the losses you have experienced. You didn't have as much face-to-face client contact and weren't able to terminate or transition with your clients and colleagues in meaningful ways. Honor ALL the reactions you are experiencing and lean on your support systems to process.



## Count Your Gains

New experiences that we've learned to overcome because of the pandemic like learning about telehealth, utilising new technology, witnessing agencies adapting to this crisis, and ethical implications. Acknowledge what you've experienced.



## Find (and Use) Your Voice

Consider how you will talk about the experiences and skills you do have while being honest about areas of growth and additional training opportunities you want in a position.



## Keep Constructing a Confident, Resilient You!

Reflect on the ways you have stepped out of your comfort zone, taken initiative, and emerged as a stronger leader. Go back to your evaluations, feedback from clients and seek mentorship from former supervisors.

