

# Overcoming Adversity

- Adversity is a normal and healthy part of any long-term career
  - Get laid off, get fired, stalled, forced into retirement, passed over for a promotion
- How to react?
  - Take a clear-eye view of the problem
  - Think of 4Rs
    - Reframe, Refresh, Reconnect, and Reboot
- Get back in touch with humanity
  - Pride may be the biggest barrier to career recovery
  - Bravado, denial, and wishful thinking are destructive

# Going Global

- International exposure can be quite important in a modern career
  - diversity
  - robustness
  - differentiation
  - refreshment