

Career Development Workshop

By Dr. Trudy Hu (www.DrTrudy.com)

**Date: Feb. 28,
2009 (Sat.)**

Time: 3-6pm

Check-In: 3:00-3:30pm

Workshop: 3:30-6:00pm

Reception: 6:00-7:00pm

**Place: 15220 NW
Laidlow Rd.,
Portland, OR 97229**
(Next to Doernbecker
Pediatric Clinic at
Bethany Village)

Registration:

Email:

joy@DrTrudy.com

Phone:

(503) 523-1565

(503) 439-0514

Fee: 1 Free EAP

**session, Accept Group
Contract, or \$60 per
person before 2/24/09,
\$75 per person on site**

Insurance Accepted

Intel EAP: 1-800-568-9276

Nike EAP: 1-800-892-8804

UBH EAP: 1-800-333-8724

Xerox EAP: 1-800-782-1948

Website:

www.DrTrudy.com

Copyright © 2009 Trudy Hu

In the midst of a global financial crisis and a massive tsunami of job-losses, the seismic ripple effects will trigger a downward spiral and impact every individual's vocational, financial, and personal life. **DO NOT WAIT** until the aftermath of the preventable disasters. No one wants to be jobless, homeless, and penniless. This workshop will enhance your enthusiasm and effective execution in the life-long vocational journey to triumph.

Goals:

- Provide Tool Sets for Workers Facing Career Transition (Recent Graduate, Mid-career, Pre-retired, Advancement, Stagnation, Layoff, Survivor, New Business, Switching Career Tracks, etc.)
- Effective Healing in Dealing With Career Change & Setbacks
- Renew Value and Upgrade Skill Sets
- Revitalize Vocational Passion and Courage
- Chart Career Roadmap and Successful Execution
- Career Tools Designed By Dr. Trudy will be Available

Participants' Feedback:

"Engineering corporations and institutions are the **engines of prosperity** for the society. They should take the lead and help their employees or members to deal with the career transitions. Otherwise, many employees or members will become **helpless victims** after the financial crisis, job elimination and ultimate poverty."

--Bob P., CEO

"**Reputable companies** should fulfill their **social responsibilities** and handle layoffs with care, caution and respect to their employees. Handling layoffs properly, companies can gain **trust** and **loyalty** from their employees and prevent unnecessary lawsuits. When the economy **rebounds**, they are in a better position to compete for talents. Dr. Trudy's workshop is perfectly designed to help companies reach these goals."

-- John C., Attorney



Presenter: Dr. Trudy Hu, a Licensed Psychologist, has **20 years** of clinical experience in working with **high-tech** professionals, companies, and **technical societies**. She develops unique counseling approaches for employees and families who traditionally hesitate to utilize psychological services to resolve career and life issues due to incompatible modality, assumptions and occupational disciplines. She adopts **engineers' utilitarian and dedicated attitudes** and adapts her career coaching to bridge the disparity between their **career aspiration** and **silent suffering**. Her presentation style is dynamic, fun and enlightening. Dr. Trudy received her doctoral degree from **University of Illinois at Urbana-Champaign**.

Some Participants' and Employers' Feedback:

“Surprisingly, there were quite many employees attending this career survivor workshop.” --Anne M., HR Manager

“When a person loses a job, he/she feels rejected, devalued, and isolated. Dr. Trudy’s workshop gives me a safe place to process my healing and boosts my courage and damaged confidence.” --Steve Z., employee of Intel

“After the layoff, my confidence collapsed and I stopped social and professional activities completely. My entire focus was to find a job.” --John T., Merrill Lynch

“I thought that I am a well-adjusted person, but after the workshop, I realized I still carried baggage from the previous layoff.” --Steve L., HP Employee

“If I had attended to a similar workshop years ago, I would not become so angry and drink so much for these years.” --Brian C., Xerox Employee

“This workshop helped me understand that my stress at work negatively affected my relationship with my wife and my children.” --W. A., Intel Manager

“Even if the workshop only addressed one person's issue, it helped to eliminate a potential terrorist in the system.” --Pat, HR Manager

“I recently graduated from my doctoral program in Europe and moved to US for my new job. I was very nervous about being layoff right after the financial crisis because my new hire status. I could not sleep, could not concentrate, and I was afraid to lose my job and ended up with no money to go back to Europe.” --Maria G., high-tech employee

“I believe in "here and now" and "keeping the American's fundamental vibrant self-governing entrepreneurial spirits.” --Joe, M., Entrepreneur