

Gig Work

Fear, Anxiety or Relief...Three Actions to
Change your Career

Anna Graf Williams, PhD

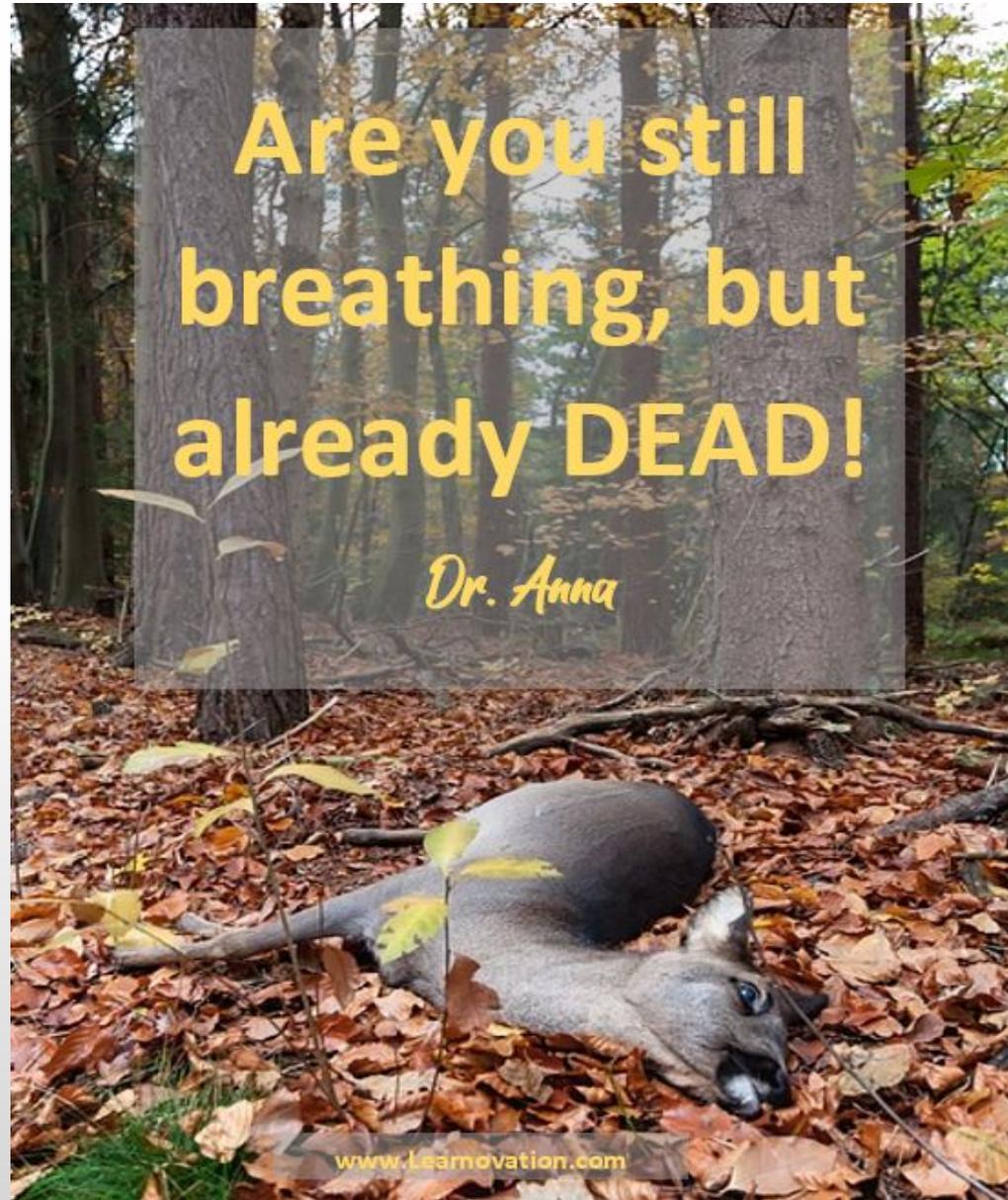
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Employers see some candidates...

1. "Poor ME"
2. "I tried"
3. "Nobody likes me"
4. "I have so many bills...just need money"
5. "It's not fair... I lost my job"
6. "I am a hard worker."

FEAR!!!



Why Employers pay attention to your Well-Being

Well-Being Index

Purpose Well-being: Liking what you do each day and being motivated to achieve your goals.

Social Well-being: Having strong and supportive relationships and love in your life.

Financial Well-being: Effectively managing your economic life to reduce stress and increase security.

Community Well-being: The sense of engagement you have with areas where you live, liking where you live, and feeling safe and having a sense of pride in your community

Physical Well-being: Having good health and enough energy to get things done on a daily basis

Gallup Well-being Index

source is mentioned in our blog: www.unbelievablefactsblog.com



Standing like a Superhero for as little as two minutes changes our testosterone and cortisol levels, increases our appetite for risk, causes us to perform better in job interviews, and generally configures our brains to cope well in stressful situations.

<http://bit.ly/s-hero>

Would you, hire
you?????

TAKE ACTION!!!

CLOSE THE GAP to TARGET JOB!

- Gig Work—way of life or stepping stone
- Community Service—skill contract
- Target Education or Training

USE your time to:

- Document Transferable Skills
- Stack & Grow Skills verses repeating the same skills



Provide MORE Service...

START with the Job Description:

What skills

What knowledge

What physical abilities

What TASKS

Minimum Viable Education

Required minimum EXPERIENCE

Credentials... license/certifications

Specialty Training

PROOVE IT— every time!!



CAREER SUCCESS:
Matching Yourself to the
CULTURE & EASILY
meeting the employer's
needs.

Dr. Anna

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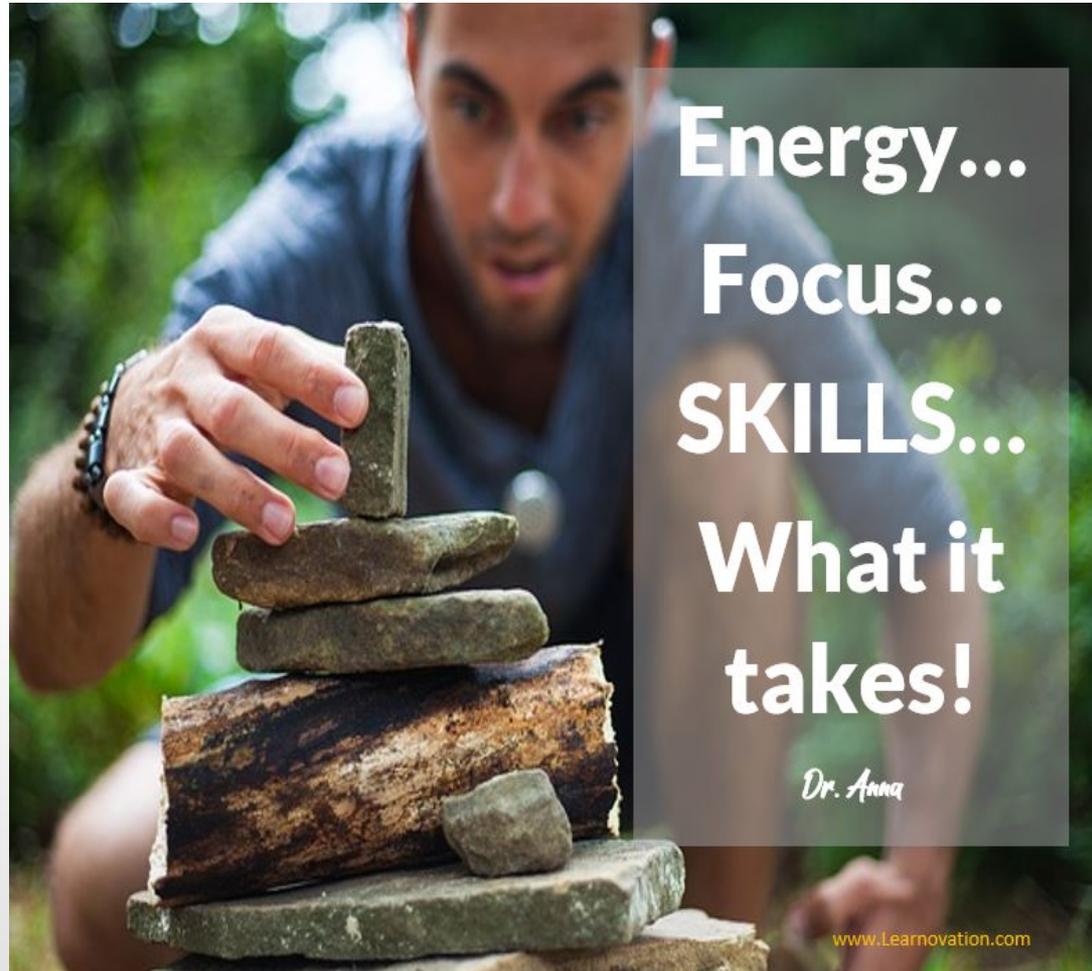
GIG Work vs Temp

GIG

- Flexible work schedule.
- You choose when, and how much, you want to work.
- "It's literally work where you want, when you want all at my fingertips."
- Contingent workers are those who don't have an implicit or explicit contract for long-term employment.

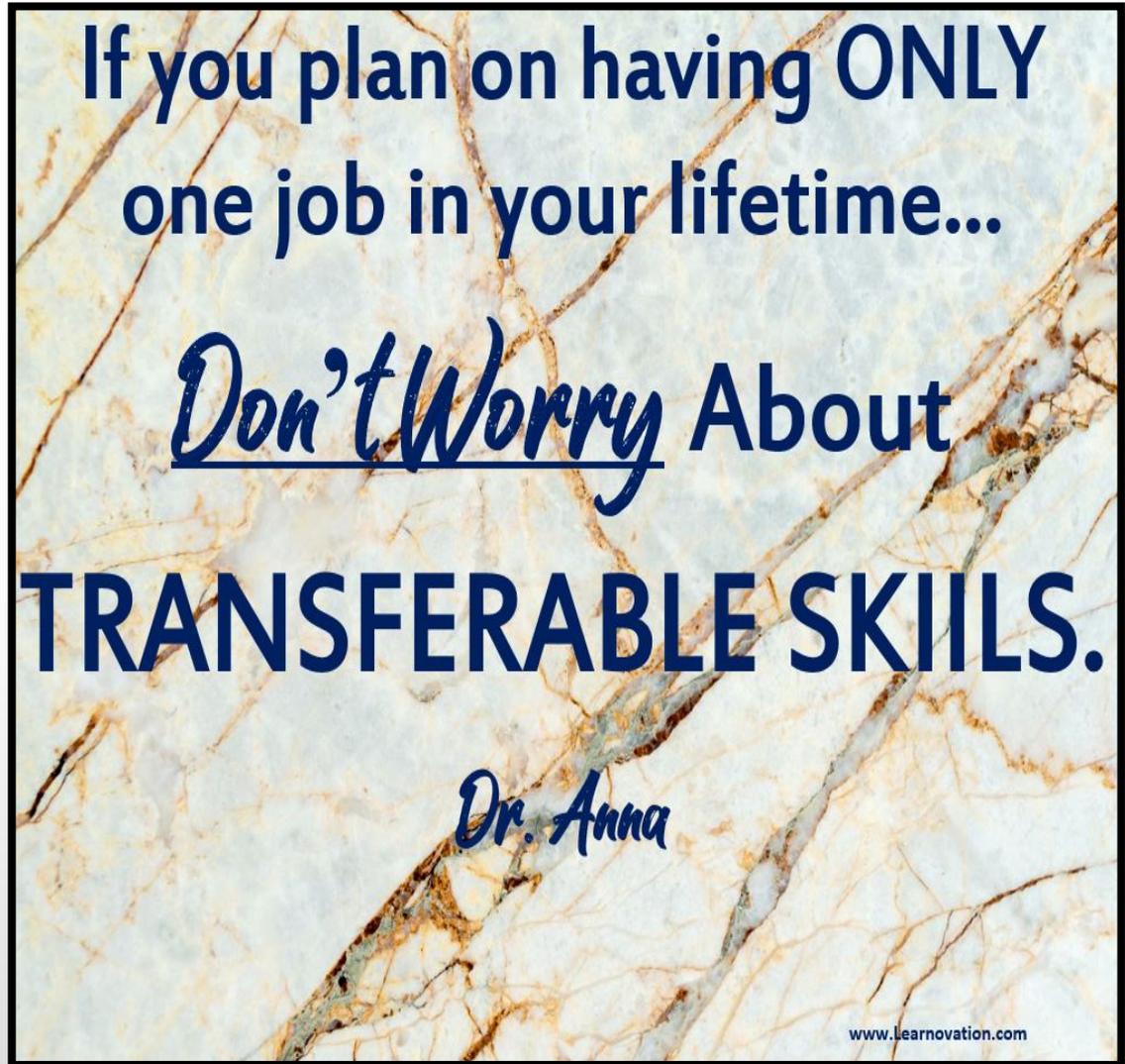
TEMP

- Contracts —payment discount to worker for Adm fee
- Traditional Work terms of hours, employer focused



Significant GIGS—making it work!

- Art & Design —craftsmen & artists
- Computer & Information Tech —Web Developers, Software Developer, & programmers
- Construction & Extraction — carpenters, painters..
- Media Communications -- Tech writers, interpreters, translators & photographers
- Transportation & Material Moving —Ride sharing & delivery (Amazon & Retailers)



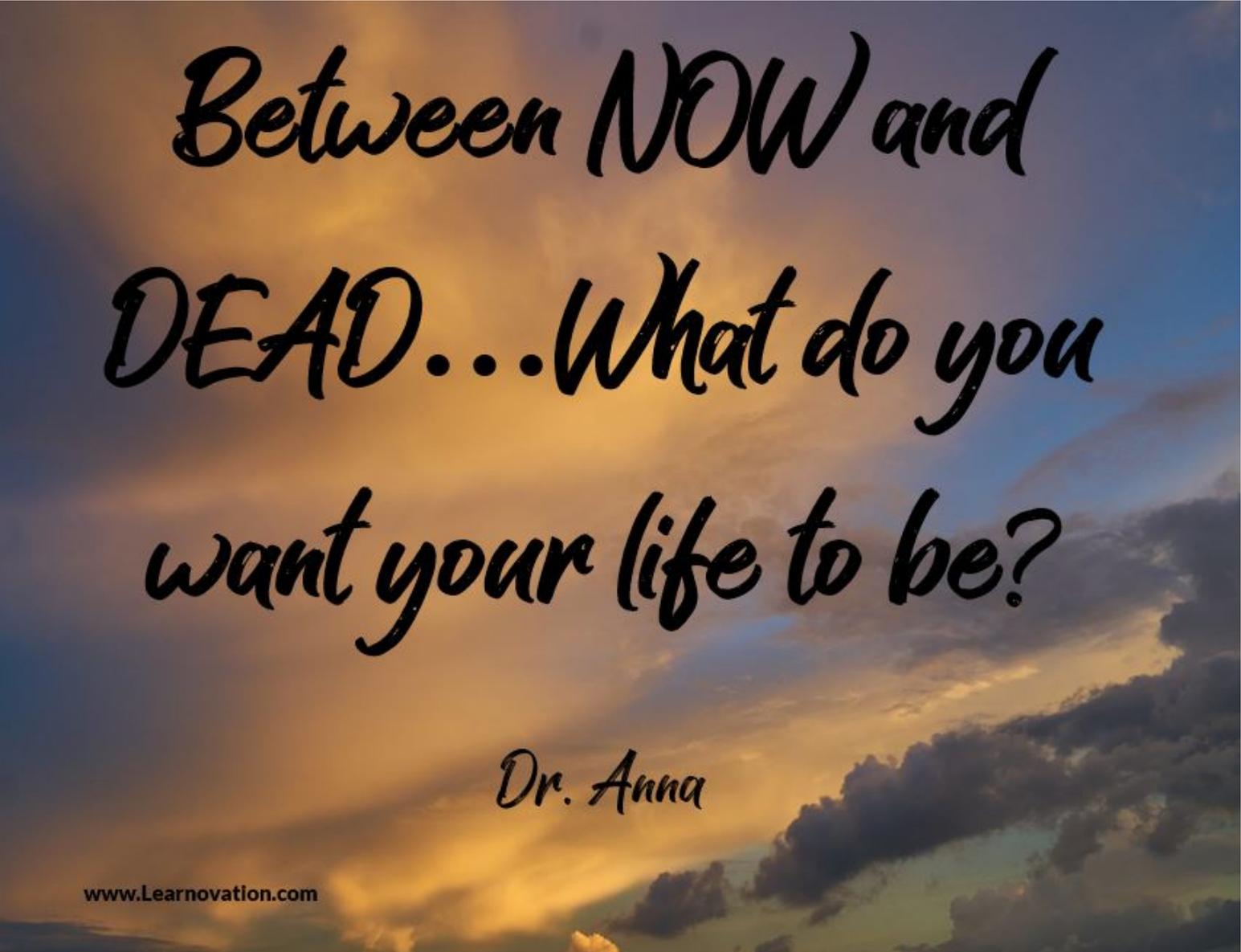
If you plan on having **ONLY**
one job in your lifetime...

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DEAD... What do you
want your life to be?

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Contact us with your questions!

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**We're Glad
You're Here!**