

# Proven Strategies for a Successful Career

JCJC

**Jim Fox**

**Criminal Justice Training Solutions**

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# Think of a Problem

Professional

Personal

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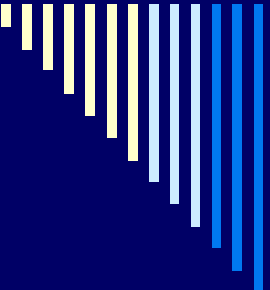
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Not this problem!!!



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Do you have a stressful  
occupation?

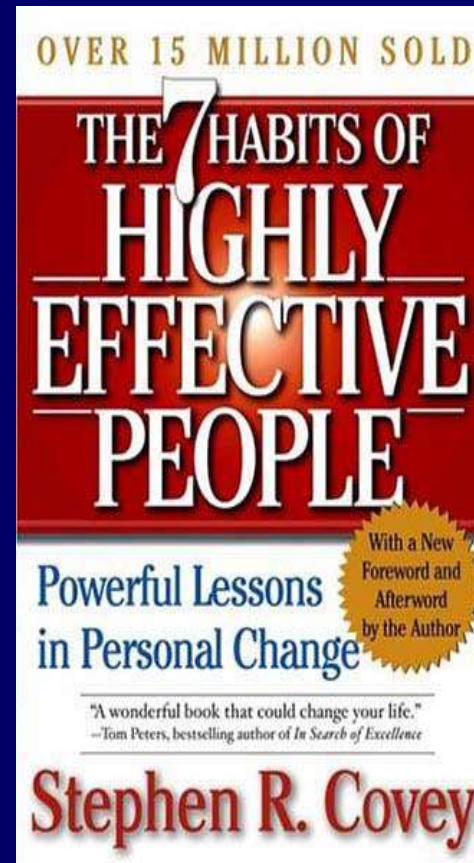
□ Expectation  
vrs. Reality



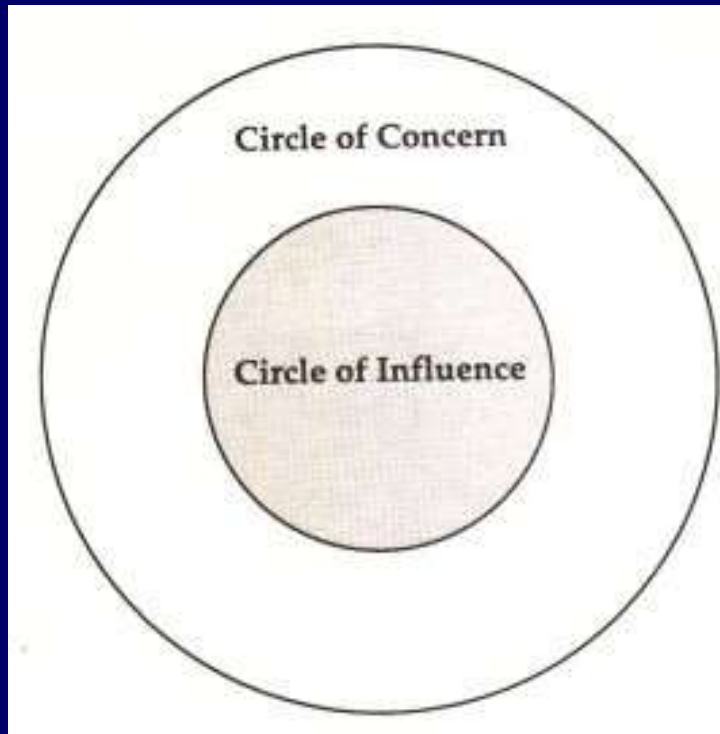


# Proactive Thinking and Behavior

Proactive  
vrs.  
Reactive  
thinking



# Where do you put your energy ??



- Circle of Concern
- Circle of Influence

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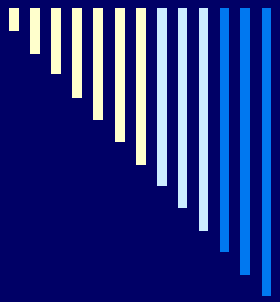
# Paradigm

Your View of the  
World – Is not  
the same as  
other's see it

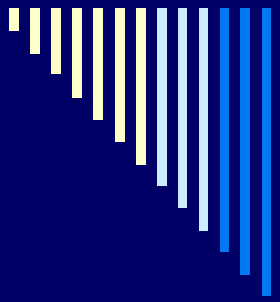
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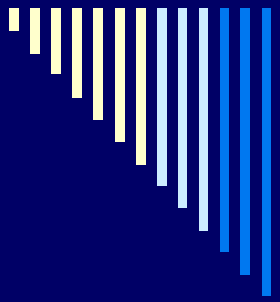












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# Paradigm



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# Your Paradigm

 Scout  
Leader





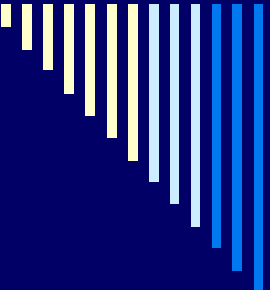
# Relationships

Emotional Bank Account

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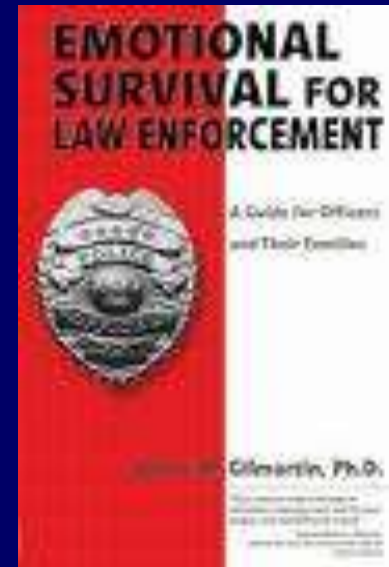


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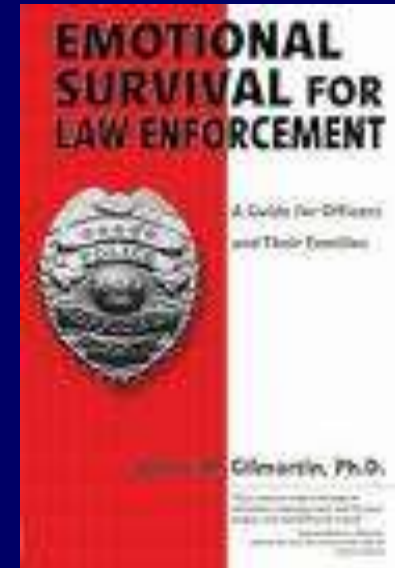
# The Danger of “What you put at your Center”

- Understanding what you control, and the phenomenon of the job you are involved in



# Cynicism

- ❑ Learned from Senior Staff
- ❑ Being distrustful – keeps you alive
- ❑ Sources that leads to a healthy cynicism



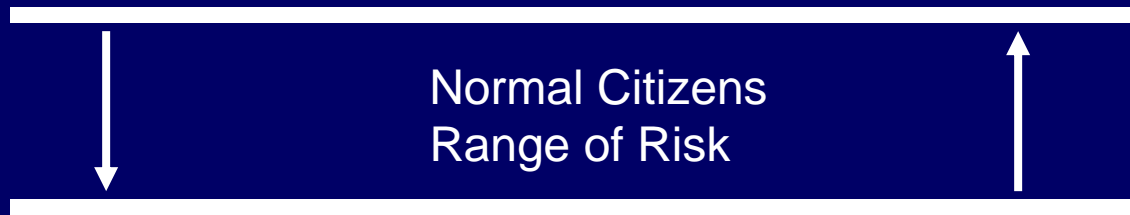
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# The Hyper-vigilance Cycle

On Duty

Alert, Alive , Energetic ,  
Humorous, Involved



Off Duty

Tired, Detached,  
Isolated, Apathetic

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# The Hyper-vigilance Cycle

On Duty

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# Impact of the Hyper-vigilance Cycle

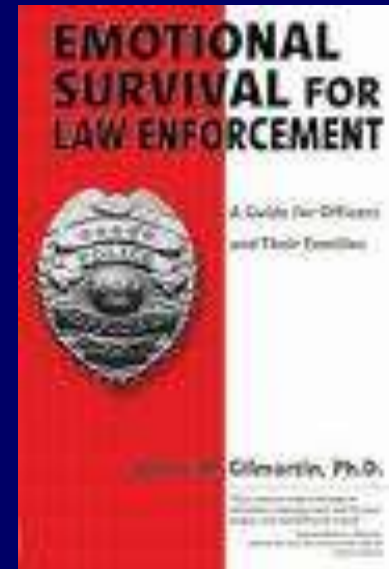
- 1. Social Isolation at Home
  - 2. Unwilling to engage in conversation not about the job
  - 3. Reduced friends and acquaintances
  - 4. Procrastination about life decisions
  - 5. Infidelity
  - 6. Non-involvement in children's needs and activities
  - 7. "I usta" syndrome
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Eventually, over time

□ The job “I  
used to  
love, I  
now hate.





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# The cycle continues...

- Your self concept changes
  - You forget what you control, and focus on what other forces control (such as the agency, administration, politics, etc.)
  - Injustice becomes a huge factor and the blame game begins
  - Your focus becomes unhealthy (complaining, grievances, lawsuits, quitting)
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Survivors

Practice Proactive  
Thinking

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# Survivors

□ What can we do about it?

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# Survivors

- Practice Aggressive Time Management and Goal Setting
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Survivors

Practice Physical  
Fitness

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# Survivors

- Control Their Financial Well Being
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# Survivors

- Have Multiple Roles in their Lives
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# The Four Dimensions

- Physical
  - Social/Emotional
  - Mental
  - Spiritual
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