

Career Vision 20/20: Your Downtime is Your Prep Time!

Hello Wake Tech! This is Career Coach Larry Tucker. And I hope you all are enjoying your Summer Break. But, I want to start off this podcast episode by asking you a question, and my question is this "What are you doing in your downtime?" Now I know that some of you are just laying down on the couch and watching TV. But, first of all, you start watching TV and eventually it's almost like the TV is watching you, and time has gone by, show after show, episode after episode. You know, that down time where you are just literally sitting down, you go on social media, you plan on going there just for five minutes, next thing you know, you're on social media for about two hours, basically doing absolutely nothing. Watching mindless videos and doing nothing. You know the downtime that I'm talking about. When you get on the phone and you start getting on the phone with a friend and it starts off with you having a conversation and then after that you're just literally on the phone. Your friends telling you what they're cooking. You're telling your friend that you are just flipping through the TV channels and really there's no true activity that's taking place. I want you to really think about it. What are you doing with your down time? Somebody once said that the reason why they call it downtime is, that it's the time that we engage in activities that bring us down! Now let me say that again. The reason why they call it downtime, is because that is often the time when we engage in activities that bring us down! That's when we engage in activities that bring our income levels down. That's usually the time we engage in activities that is literally dummy us down. Then literally we start losing brain cells. It's been said that if you watch literally over four hours of TV at a time, that literally your IQ begins to go down. You start losing brain cells, you're not engaged in activities that engage and stimulate the mind and get you to move forward. About Six months ago I had a conversation with a friend of mine who runs a successful business. But over a year ago she had to close her doors due to the states pandemic guidelines. I said "Grace, what are you doing with all of this downtime?" I will never forget her response! She said Downtime is Prep Time! She said it won't be long for all of these restrictions to be lifted. And, when that happens, all of my customers will be rushing back and I need to be ready to open my doors and hit the ground running! And, if those restrictions are lifted as soon as I hope, I need to be prepared to pivot and find a new way to satisfy my customers. Today, Grace's online sales have surpassed her last quarter sales prior to the pandemic. Why? Because Grace understood that "Downtime is Prep Time!" And that is what I want you to understand. That the downtime that you have right now, you have to understand that, that downtime that you've been spending, maybe engaged in secondary activities, engaged in activities that's not helping you move forward in your education, not helping you move forward in your career development or your business, that's not helping you to get in to shape, that's not helping you put yourself in alignment with your goals and your dreams. That's not helping you to get to the next level. That, that is the time that you should be prepping to get to that next level. YES! That's right! Downtime is prep time! This is the time that you should be prepping to take your next class. This is the time that you should be prepping to ace your next job interview. This is the time you need to be pursuing a challenging opportunity that will let you build new skills and make new connections. Like maybe joining an organization like Toastmaster International to develop your communication skills. This is the time that you should be applying for an internship that will give you hands-on work experience in the area of your major. This is the time that you need to visit the Career & Employment Resources website and schedule an appointment with a Career Specialist to update your resume or perfect your LinkedIn Profile. This is the time that you should be prepping to put yourself in alignment with your goals and your dreams. Why! Because Downtime is Prep Time! The Father of Modern Political

Philosophy Niccolo Machiavelli said "Prepare for peace in time of War... Prepare for War in time of Peace!" So allow your competition to just relax and engage in secondary activity. Allow your competition to major in the minors. Allow your competition to spend hours upon hours binging on Netflix. But No! I need you to utilize this downtime that you have right now, to prepare for the opportunities that are going to come your way! I want you to write this down. You've got to prepare and train for the opportunity that you have not yet had! I'm going to say that one more time. You've got to prepare and you have to train for the opportunity that you have not yet had. As a matter of fact, John Wooden said "when opportunity presents itself, it's too late to prepare!" And here's what I know. During the course of the year, there will be two maybe three big opportunities that will come your way. That if you are willing to act on those opportunities. If you are prepared to move forward on those opportunities, that those opportunities could significantly change the landscape of your life. And so, what I am saying to you is there is an opportunity that's about to come your way. There is an opportunity that is eventually going to come, and when it comes, the question is will you be prepared? Often times the answer to that question comes down to, what have you done with your downtime? When other people are engaged in watching all of these shows, and engaged in mindless activities, and watching video after video on social media, and looking at all the different pictures and posts on Facebook like everybody else is doing. What are you doing? What are you doing with your down time? What are you doing to expand your mind? What are you doing to enhance your skill set? What are you doing to allow you to get more focused and move closer to your goals and your dreams? What are you doing in your downtime that's going to allow you to stretch, that's going to allow you to grow and separate yourself from the competition? Because your Downtime is your Prep Time! Why! Because when opportunity presents itself, it's too late to prepare! Whitney Young Jr. once said "It's better to be prepared for an opportunity and not have one, than to have an opportunity and not be prepared!" And so, often times the time that you need to prepare is during that downtime! So, my question for you is this. I want you to think about your career goals and your dreams, and whatever it is that you're looking to make happen and I want you to think about the things that you've got to do to prepare to take your skill set to the next level. The things that you got to do to prepare to open up some new opportunities for yourself. The things that you got to do to prepare to be able to take advantage of the opportunities when they come your way. Why? Because you prepare for War in time of peace. Why? Because it's better to be prepared and not have an opportunity than it is to have an opportunity and not be prepared! Why? Because it's better to be ready, than to get ready! If you need help trying to figure out how to turn your down time into prep time... contact one of our Career Coaches or Career Specialists who will help you develop a action plan that will help you prepare for the opportunity that is getting ready to come your way. Contact us at careers.waketech.edu. That is careers.waketech.edu to schedule an appointment today! Because it's better to be ready, than to get ready! Because Downtime is Prep Time!