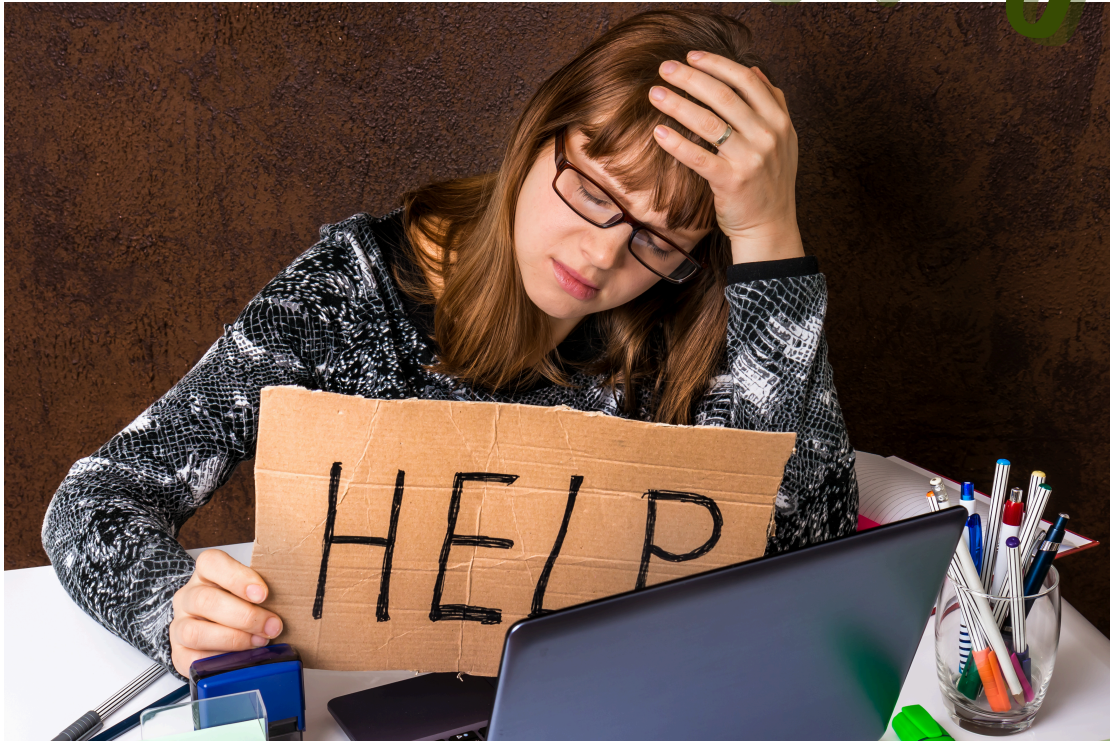


Do I Stay? *or Go!*



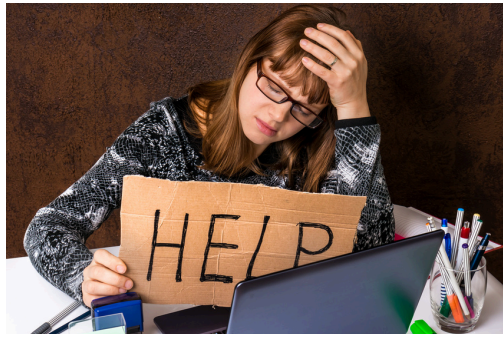
NOW! or Later?

It's tough to decide whether and when to leave a job that is slowly sucking the soul out of you.

Here's an assessment that will help you understand why you stay.

Transition
& *Thrive*
with *Maria*

STAY?
Go!



NOW?
Later?

I've Been There

Hello. Since you're here, I imagine there are nagging questions in your head about the career or job you're in right now, and you're wondering whether it's time to consider a change. I want to help you make that decision easier.

Let me first tell you why I'm so passionate about sharing this tool with you. If you're in a soul-sucking job or getting close to that, I know how you feel because I've been where you are.

I was in corporate management for 30 years, and in my last corporate gig for nearly 20. The final four years of that tenure were a mental, emotional, and physical drain. It affected me, my work, and my relationships, making it hard to get up every morning. I had to steel myself to put on a smile, showing up as if everything was just fine.

I was bored, unchallenged, and the opportunities to do something else were limited. But, I was able to work from home, was paid very well, and had enviable benefits. I knew if I left, it would be hard to replace all that. Yet, the boredom persisted. It became hard to motivate my staff because I was stagnant.

I kept thinking, "I can hang in for another couple of years, and prepare for my early retirement." But, then, the rug got pulled out from under me with a very unexpected layoff. Suddenly, the decision wasn't mine anymore. I was devastated, panicked, and scared.

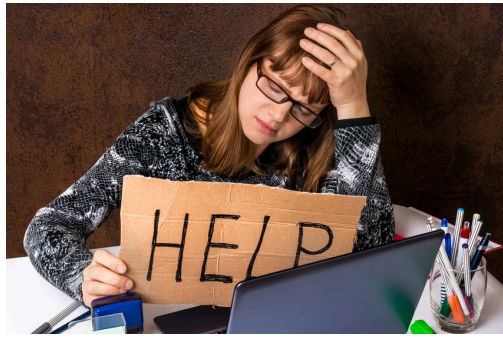
Lucky for me, it came with a silver lining. After a short time wallowing in victimhood, I decided to turn my 30-year corporate skills in coaching and mentoring into an opportunity to help other women with their career and life choices. Together, we unwrap the possibilities.

I'm María Tomás-Keegan, a certified career and life coach who partners with women leaders like you to help them powerfully navigate life-altering changes so they can discover what matters most in their current circumstances. They finally give themselves permission to take off the mask, take inspired action, and step back into their power, making life- and career-changing choices with more confidence and clarity.



-I-

STAY?
Go!



NOW?
Later?

This Stay-Go | Now-Later Decision-making Tool can help you sort through the confusion about your choices, so you can make the decision before it's made for you. Settle into a quiet space without distractions for a little while, and take this short assessment to see where you land.

How This Tool Can Help

When speaking with women about their career choices, I hear more and more talk about how unhappy they are in their current role. Some feel as if they have stagnated and there is nowhere to go from here. Others have been working from home due to the pandemic and want to find a career option that supports remote work.

They dread the phone call that drags them back into a daily commute and an office environment. And, many simply feel as if their job has sucked the soul right out of them—from long hours, little recognition, and feeling over-worked and under-appreciated.

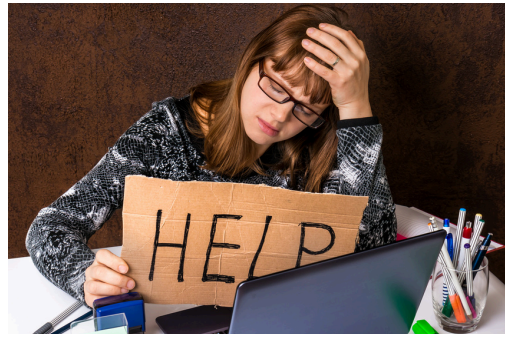
Does this sound familiar?

These women often ask me, "Should I leave? And, if so, when?"

That's why I developed this decision-making tool that will help you to evaluate your options, based on how you feel today. By responding to a series of IO statements, this tool will clarify your choices.

By the time you're finished, you will know whether you should stay or go, and whether to do it now or later.

STAY?
Go!



Now?
Later?

How To Use This Tool

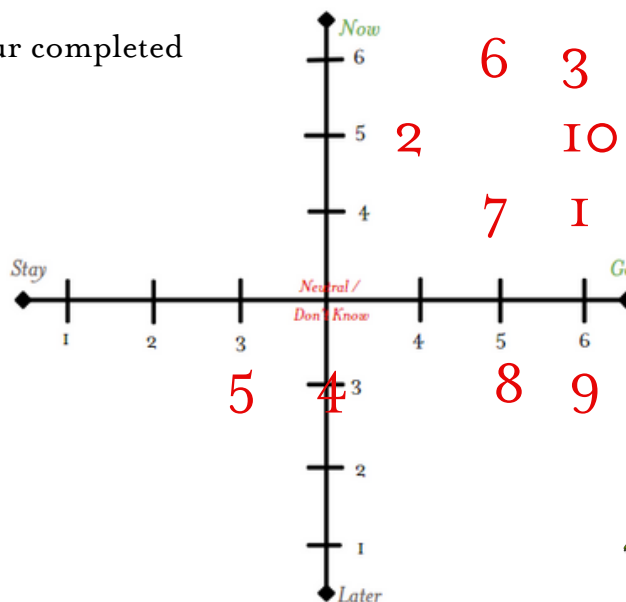
First, I suggest you print this page, the statements/questions pages, and the 4-quadrant grid, then set aside some quiet time for you to think about how you feel about each question.

Review the grid and the key for marking the Stay-Go and Now-Later axes. On a scale of 1 to 6, determine where you land on the scale. The key is at the top of the grid.

There are 10 statements, each one followed by two questions. The first question asks how important the statement is to you, and the second asks you to decide when you want to act on the statement. The result of answering each set of questions is one mark on the grid.

Let's take statement number 1 for example, your answer to question "a" is (6) Critical and to question "b" is (4) Sometime Soon. You would put the number that corresponds to the question (in this case number 1) in the top right quadrant lined up with the 6 on the horizontal axis and the 4 on the vertical axis.

See how that works? Your completed grid might look like this:



STAY?
Go!



NOW?
Later?

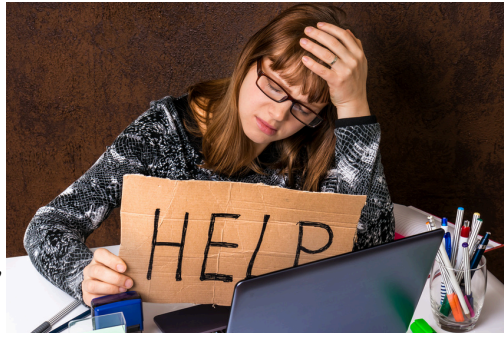
How To Use This Tool (continued)

When you have completed all ten sets of questions, you will have the numbers I through IO on the grid.

It's time to get started. Let's see if we can bring some clarity to this tough decision about your career.

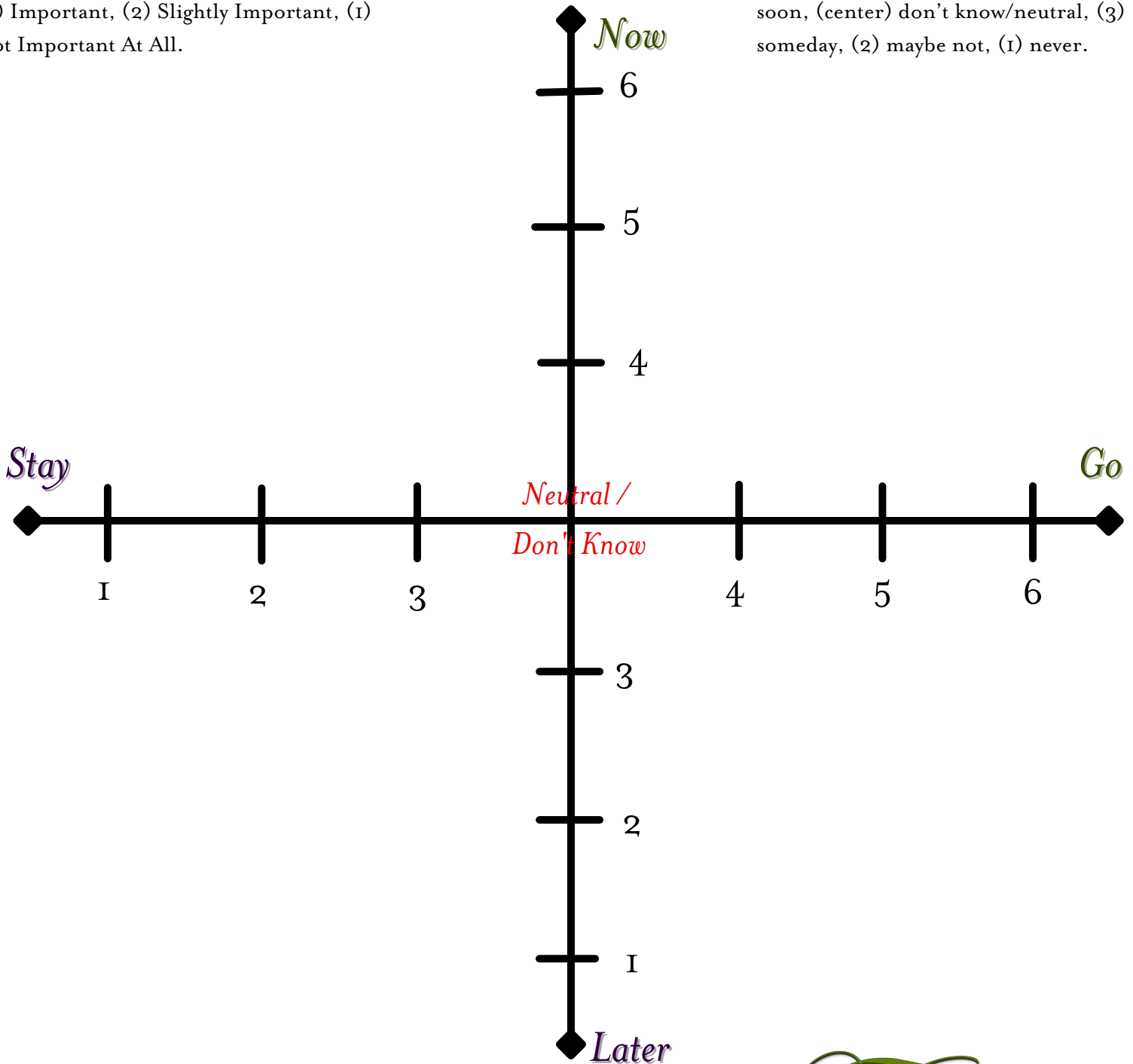
STAY? *Go!*

On the horizontal scale of 1 to 6, how important is it to stay or go? (6) Critical, (5) Very Important, (4) Somewhat Important, (center) Neutral/Don't Know (3) Important, (2) Slightly Important, (1) Not Important At All.



Now! Later?

On the vertical scale of 1 to 6, on what timeline would you like to make this happen? (6) Can't happen soon enough, (5) in the very near future, (4) sometime soon, (center) don't know/neutral, (3) someday, (2) maybe not, (1) never.



STAY?
Go!



Now?
Later?

Stay or Go | Now or Later Decision-making Questions

Consider the following statements, then ask yourself the two questions:

1. If it upsets you that your job robs you of your personal time...
 - a. How important is it to you that this challenge gets fixed? And,
 - b. When does this change need to occur?

2. Put yourself in the mindset of thinking about how much you want to leave your job...
 - a. How important is it to you that you take action? And,
 - b. When does this change need to occur?

3. Considering the financial implications of quitting your job...
 - a. How important is it to you to be financially secure before leaving? And,
 - b. When does this change need to occur?

4. If you're fighting with your mind and heart about leaving your job...
 - a. How important is it to you to finally know whether to stay or quit and have a plan to move forward? And,
 - b. When does this change need to occur?

5. When it comes to taking action to leave your job, think about how prepared are you to discuss the changes you want with your current employer...
 - a. How important is it to you to finally have this conversation? And,
 - b. When does this discussion need to occur?

6. If finding a new job that empowers and values you as a human being is truly important...
 - a. How important is it to you to be treated this way by your employer? And,
 - b. When do you want this to start?

STAY?
Go!



NOW?
Later?

7. Consider what it would feel like starting each day at work invigorated and motivated...
 - a. How important is it that you start most days feeling passionate about the work you're about to do? And,
 - b. When do you want to change this for good?

8. Think about your bigger purpose in life and how aligned your current job is with your values...
 - a. How important is it that you align your values for your highest good instead of aligning yourself with only the security of your current job? And,
 - b. When do you want this change to occur?

9. Consider your mental energy and how bored or uninspired you feel at work...
 - a. How important is it to feel intellectually challenged at work? And,
 - b. How soon do you want this to change in your career?

10. Finally, when it comes to your self-worth and the contributions you currently make at work...
 - a. How important to you is it to stop feeling undervalued by your employer? And,
 - b. When do you want to improve this condition?

STAY?
Go!



NOW?
Later?

What To Do Next

Now that you've answered the questions, you should have numbers 1 through 10 on the grid. What insight have you gained? Where are the majority of the marks (perhaps you have two quadrants that hold most of your responses)? Is it straight-forward for you? Or clear as mud?

Would you like more clarity on your results and how to analyze them? I can help you to clear the confusion that often accompanies challenging decisions like making a career change.

If you're still feeling unsure about whether you should stay or go, or you are ready to make a move and you want the transition to be seamless, set up a complimentary call, and let's explore the possibilities together.

On your call with me, we will talk about:

- how to analyze your responses on the grid
- which of your answers are most important to you right now
- whether you have your resources set up for a successful transition
- what you could do first to move in the direction indicated, and
- set a timeline that feels doable for you to take those steps

Schedule a call with me while this is fresh in your mind, so we can talk about the results of your "Stay-Go|Now-Later" assessment and identify options for you to consider—before and after you make your next move.

You can schedule a convenient time here:

["Stay-Go | Now-Later" Grid Analysis Call with María](#)



STAY?
Go!



NOW?
Later?

Step Into Your Power

I hope this decision-making tool is helpful for you, and that it sheds light on what is likely to be a very difficult choice.

Whatever you decide to do next, know that it is always easier to have people in your corner to support you through it. Surround yourself with those people. That's a power move.

Think of them as your Personal Board of Directors—and you're the Chairwoman of the Board.

Here's to your next brave choice!

María