

**DISTRICT  
204**

MENTAL HEALTH  
SYMPOSIUM



**SATURDAY, MARCH 4**

PRESENTED BY:



## Road to a Successful Career Path

*presented by*

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Referral GPS



# ROAD TO A SUCCESSFUL CAREER PATH

Amit Thaker



# HELD MANY TITLES...

**Founder and CEO** of a Mental Health Start Up

**Managing Partner** of a Medical Supply Company

**Partner** in a psychiatric private practice

**Director of Business Development** at a Hospital

**Project Manager** at a Health System

**Consultant** at a Healthcare Consulting Company

**Consultant** at a Management Consulting Company

**Associate** at a Hospital

What was your “big break...”

Series of breaks, bumps and  
bruises...

# Career Journey

- Graduated with an undergraduate degree, I made it
- Moved home – ready for the big bucks
  - Picky
  - Settle
  - Desperate (spray & pray)
- Depression – basement dweller
- Moment of clarity – I needed focus
- 3 pathways: Social Service, Job Market, Graduate School
- Specific opportunities, research, tailor to meeting the need, focus on 1 then onto next
- Learned two important lessons...
- Lesson 1: Pursue every opportunity as if you have no other
- Lesson 2: Multitasking made me dumb, I went from an A student to a D student
- Made progress, Americore, Delivery Driver, Graduate Entry – Chose Graduate School

# Learned my lesson, never again

- Lesson 3: Always think a few steps ahead of now
- What did I want to do – healthcare, but what, how?
- Applied to everything, pt transport, security, receptionist, anything
- Mt. Sinai – Sr. HR Assistant – minimum wage for 2 days a week
- CEO – can I watch?
- Lesson 4: Most people will let you work for free
- Started with observing, then with mundane tasks, then with small projects
- Two years passed, few months before graduation – what now?
- Sinai – why not? I had interviewed for 2 years
- “Great job but no job,” – CEO

# What is meant to be, will be

- Pursued every opportunity – job fairs, career postings, company websites
- Consulting, hospitals, insurance companies, advocacy groups, anything in the field
- ISCPA – Crowe Horwath – Accounting Firm – No job – brother?
- Coffee ☐ interview ☐ out of the water (real world vs. theoretical)
- Offer sent, job accepted, I was on my journey
- Lesson 5: What is meant to be, will be

# My breaks taught me lessons

- Lesson 1: Pursue every opportunity as if you have no other
- Lesson 2: Multitasking made me dumb, focus made me smart
- Lesson 3: Always think a few steps ahead of now
- Lesson 4: Most people will let you work for free
- Lesson 5: What is meant to be, will be



# As a parent, what can you do?

- The odd part is parents have a playbook based on their experiences, all they want is to teach you that playbook
- Later in life you realize that value, sometimes too late
- Sometimes the same message delivered by someone other than a parent
- This is a cycle, you did it as a kid, your kids are doing it, and their kids will do it to them...

# As a parent, what can you do?

- Don't push your kids into decisions
- Guide your kids, by your actions, it's louder than words
- We spend more time at work than anywhere else
- In the next slide I compiled the things I plan to do with my kids



# Tips on picking a Career Path

- Think about your skills and talents (self assessment)
- Consider your daily responsibilities
- Determine your financial aspirations
- Consider your work style (independent vs. structure)
- Decide on undergoing training or pursuing a degree
- Determine your social requirements (interaction vs. remote)
- **Gain experience** (any and all experience)
- Find a career coach or mentor
- Increase your professional network

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**Thank you for attending!**