

3 ACTIONS YOU CAN TAKE THAT WILL HELP YOU (NO DOUBT ABOUT IT)

➔ Journaling



Is the act of having literally a Journal, where you can write your thoughts and emotions on paper. It's a cognitive process that helps you **see** your own thoughts

and process them in a different way, other than staying with them in your head, rumbling around. And one question that is very important to answer in your journal for the first couple of days after been laid-off is "What am I grateful for in the journey I lived in this company?" "What takeaways do I want to carry with me and what are the ones that I don't want to carry".

➔ Make a Life Plan



"What do I want to accomplish in one year, five years, ten years?" "Where do I want to be?" "What do I picture myself doing?" and "How am I going to feel when I

accomplish this?"

Once you've answered these questions, go back to your present self and think about what you've accomplished until now, what are your signature strengths, your values, what you enjoy doing, what you DON'T enjoy doing. And after that, think about what are the best next steps you should and want to take, taking into account your present self and that person you want to be in 1, 5 or 10 years.

➔ Take it Step By Step



Be patient with yourself and what's going on in the world right now. If you have urgent financial commitments, try to see what's the best way to handle them, thinking

about your immediate and long-term goals, and don't lose sight of them.

Make a great CV that impresses the recruiting teams at the companies you may want to work at (there are apps and webpages that help you with this). Then look for the best recruiting sites in your country that can help you get a broader and directed scope of the positions that are open out there. Then, prepare yourself for the interviews being true to yourself and to the company you want to work with. And through the whole process,



A POSITIVE PERSONAL PROCESS IF YOU'VE BEEN LAID-OFF

By Ana Carolina Saavedra
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Lately, a large number of the Coaching Processes I've been conducting are Transition Coaching (when someone has been laid off of a company, and the person initiates a coaching process).

It's never a good time to receive this kind of news and it's not easy for the person giving the news either (from an HR standpoint, having done it myself I can attest to how tough it is). There are many emotions present: anger, fear and mostly, uncertainty. Losing your job is very much like a grief process; David Kessler (foremost expert on grief) describes the process this way: first, there's denial, then you can experience anger, then there's bargaining, sadness and finally acceptance. It's completely normal to experience these emotions if you've been laid off. The important thing is to acknowledge each of these emotions and then do a positive process. This will allow you to reach mental clarity and the acceptance needed to successfully endure this process.

Every person I've known that has been laid-off has either found another job or has taken the event as an opportunity to start a new project or a new business. You may at some point think "this is the end of my career" or ask yourself questions such as: "Why is this happening to me?" or "I've done such a good job. It's not fair". However, you can take several actions to make this process a positive one and even use it to grow and become a better version of yourself. I've applied these steps myself and with my coachees and, believe me, they work: