

SEPTEMBER 9, 2020

NEXT GENERATION CAREER COACHING



RESOURCES FOR UNEMPLOYED

[Unemployment Help](#)

[10 Free Government Resources for the Unemployed](#)

RECOVER & FLOURISH AFTER A LAYOFF

Written by: 5ft3inbeauty

Losing your job or getting laid off can be a distressing experience. It may not seem like it at the time, but it could be a blessing in disguise. Here are some things you can do to not only move past the job loss but to thrive.

Get Help

Apply for unemployment benefits, contact your mortgage company or landlord, and reach out to your creditors. There are many programs out there to help people who have found themselves out of work during this time.

Never Blame Yourself

Getting laid off or losing your job because of your employer's circumstances or the current situation in our economy is not your doing. You didn't get fired. You are a victim of circumstance. You need to understand the difference so you can adequately relay it to a future employer.

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Take Some Time

Ask yourself some questions. Did you enjoy your previous job? Are you considering changing your occupation? What makes you happy? Taking the time to answer these questions can help you channel that into a rewarding and satisfying career.

Begin Anew

It's a prime opportunity to reinvent yourself. How do you want the world to see you? Update your social media and LinkedIn to reflect your new career path and image. Your personal brand carries a lot of influence with future employers or your own business if you choose to begin one.

Avoid Employment Gaps

Don't let the time you are out of work leave a gap in your resume. Here are some freelance platforms to help you keep it filled in:

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- [PeoplePerHour](#)
- [Freelancer.com](#)
- [We Work Remotely](#)
- [Jobspresso](#)
- [Upwork](#)
- [Fiverr](#)

You may have gotten knocked down, but what matters is whether or not you get back up. You never know, this might be a gift wrapped in sandpaper.