



## What to do if you've been laid off

For many folks, their careers consist of a huge part of their identity. When that is taken away suddenly in the form of a layoff, the effects can be professionally and personally devastating.

If you've been laid off from your job, consider taking some, or all, of the below steps to maintain perspective and optimism in an undoubtedly troubling time in your life.

### 1. Apply to jobs, but not obsessively

- Of course, you should apply to jobs with urgency if you've been laid off. However, do not treat job applications as the only tactic to employ in your new job search, and definitely don't spend your entire day combing through job boards.
- Try to use your time more strategically and wisely by spending time on other crucial activities that will provide balance to your day and much-needed perspective during a challenging season of life.
- As a rule of thumb, use your mornings to peruse job postings, follow up on existing applications, and check emails. Spend the rest of the day on other activities that will add value to your job search.

### 2. Network!

- For some people, networking comes naturally, but for others, this exercise will feel forced and peculiar. If you find yourself in the latter camp, don't worry! The more you network, the more natural the activity will feel.
- Networking can take many forms, but try to think of it as connecting with other people—and, crucially, getting out from behind your desk and out of your own head.
- Consider the following activities as networking:
  - Going to coffee with a friend
  - Taking a colleague out to lunch
  - Calling a mentor
  - Attending networking events and job-seeker groups
  - Participating in local, regional, or national professional associations
  - Connecting with executive recruiters and corporate recruiters to market yourself
  - Following up on job applications
  - Asking for help and support from a friend, family member, or clergy
- Don't feel concerned about asking for help! Remember that we have all been down on our luck before and, generally, people love helping other people. Ask for assistance in your job search and don't feel any shame in doing so.



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### 3. Gain new skills

- If you find yourself looking for work, take the time to evaluate your skill set and determine where you can improve. For some, that means taking a class at a community college. For others, you may need to simply watch YouTube videos. And some people take the time to pursue an entirely different block of knowledge by earning a degree that will take them down a new career path.
- Always consider investing in yourself and think about how to be more marketable, both now and in the future.

### 4. Pause, think, plan

- Don't allow yourself to panic. Do your very best to re-orient your thinking by realizing that a layoff is a fantastic opportunity to take time to slow down and evaluate your life's priorities.
- Consider your hopes, dreams, passions, skills, and what "switches you on." Has your career fulfilled you personally or not? If not, maybe this layoff is the prompt you needed to plot an alternative course for your career and, consequently, your life.
- Take some time to dream about the life you want. Maybe start with a short time horizon and think of a number of life domains: vocational, personal, family, spiritual, community, and others. Sketch out where you'd want to be in the future and see how your career will tie into that picture.
- Once you've completed the exercise, plan a course of action that will help you fulfill your dreams. Start with small, easily attainable baby steps to build momentum.
- For additional resources on this topic, please visit [www.arrowheadtalentsolutions.com](http://www.arrowheadtalentsolutions.com) and download the Life Plan Questionnaire.

### 5. Focus on your personal life

- Many times, you'll feel tempted to focus solely on getting back to work. While that sentiment is understandable, think of ways you can continue to live a fulfilling personal life. Don't neglect projects around the house or spending time with the people you love. These activities will replenish your mental energy. And, besides, when you land a new job, you'll wish you stained the deck when you had a lot of spare time!

If you would like to learn more about how to increase your chances of landing your dream job or hiring game-changing talent into your organization, contact us at [clarkharvey@arrowheadtalentsolutions.com](mailto:clarkharvey@arrowheadtalentsolutions.com) or 330.316.0867.



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