

January 2017

Re-Launch You: Liftoff After Layoff

Losing your job can take a toll on your emotional and physical wellbeing. There is a grieving process that most people go through after a layoff. It is completely normal to experience anger and denial and giddiness - and every other emotion. You will definitely have good days and bad days.

However, this is also a great opportunity to step back and evaluate what you have done in the past, and what you would like to do in the future. It is a time to take inventory of what worked, and what didn't work for you. It is a time to reconnect with your purpose and values. It is a time to consider what the right next step is.

In this talk we will explore:

- **Constructive grieving and ways to heal**
- **Techniques to uncover the information you need to determine your right next step**
- **How to keep yourself out of the emotional dips that come with unemployment**
- **How to stay focused and on track with your job search or launching a business**

This talk will help you to see that a layoff can be a time of infinite opportunity and possibility. It will give you the tools you need to find your confidence and focus, and to move forward.

Catherine Morgan BIO

Catherine Morgan is an engaging speaker and the founder of Point A to Point B Transitions Inc., a virtual provider of coaching services to individuals who are in career transition. Catherine is the author of the eBook *Re-Launch You: Discovering Your Point B and Embracing Possibility*.

An experienced independent consultant who was employed by three of the former Big Five consulting firms, Catherine combines job search strategy development with accountability coaching. Catherine speaks frequently on topics related to productivity, career transition, small business, and entrepreneurship – and gave her first TEDx talk in 2015. She doesn't take herself seriously, but takes her subject matter very seriously.

Reviews for Catherine Morgan as a speaker and for this talk:

"While there are a number of speakers on the Chicago area networking group circuit, Catherine is a bit different. Her experience of having "been there and done that" has given her a refreshingly pragmatic perspective. I found her direct answers to questions from the audience to be enlivening." ~ Larry M.

"Catherine had some good talking points and advice regarding liftoff after layoff. A couple of suggestions were to shadow someone or write a blog while in transition. She also stated that it is OK to work on a household project. You do not have to and you should not spend twelve hours a day on your search." ~ Bill K.

"Catherine Morgan knows her stuff and seasons it with a witty, conversational presentation style that engages and holds your attention. In a new world full of "experts," Catherine is more interested in helping your business flourish than being part of the club. She really cares about the people she serves. The next time she presents, don't miss it. It's worth the time. You'll get more out of one presentation from her than you'll get from a dozen convoluted, self-promotional books. Catherine doesn't take herself seriously, but she takes her work very seriously. What a refreshing combination." ~ Rick A.