

Episode 97: I have just been laid-off. What do I do next?

I am sorry that you have been put in this situation, many of us have and we survived.

1. It's OK to be angry but get to acceptance.

In any change there are steps you go through – this will be no different: shock, denial, anger and acceptance. You should expect to go through all of these steps and sometimes multiple times.

The trick is to get to acceptance – your life can't move forward till you do.

However, you may find you're spending more time in denial and anger than you want to.

The trick is recognizing the steps and to have people help you through them.

2. Don't do anything rash.

It's in the denial and anger steps where we do stupid things – so slow down.

You may have a legal recourse but shouting you are going to sue people doesn't help (more in episode 98).

Neither does threatening or being rude to people – it only hurts you and your case.

Give yourself a night to think about it – then the next day see if it's still a good idea.

3. Get your house in order

When people are in denial or are angry they make stupid decisions.

Do you have the paperwork needed from your company? When do you need to sign it? When do your benefits expire?

What are the healthcare plans? What expenses do you have lined up you can delay?

Don't panic but you need to make sure you can manage the next few weeks.

Some people want to keep this a secret but I say tell people before they hear it elsewhere.

Firstly, you get to position what happened and secondly, others may know of jobs. Update your resume and LinkedIn.

4. Make this a gift

This is a great opportunity to assess where you are with your career.

It is also a chance to make a change you wanted to make and needed the push.

While money may be on the forefront of your mind, don't let it cloud everything else out.

Could you use this time to go back to school or get new skills? Remember your employer may even help pay for the training.

You maybe also have some sort of 'outplacement' consultants to work with.

Work with them – there is no shame – and take all the advice and insights you can.

Bottom Line: No one wants to be told they are losing their job. If it's happening to you, take the time to mourn the loss of your old life and build yourself a new one.

