

Texas Life Coach Sharon H's Ten Tips for Rounding Up A New Job When Yours Has Been Rustled!

The loss of a job can be devastating emotionally and physically. It is a type of grief, and you may feel a strong sense of loss. Knowing that there are predictable stages you will go through may help ease some of the anguish. The stages you may experience include: denial, disbelief, anger, bargaining, acceptance and finally moving on. While this is a process nearly everyone goes through, it's very personal when it happens to you. I want to offer suggestions for things you can do to improve your feelings, and boost your self confidence. Included are some actions you can take to move through the process. Action items can reduce some the helplessness and hopelessness you may be feeling. If you are severely depressed, contact you local mental health centers, or call 911 if you need immediate help.

1. Allow yourself some time to get over it! You may have a lot of your identity tied up in the job, especially if you've had it a while. You cannot believe this has happened to you, you are in shock. Remember, it's ok to 'immobilize' for awhile. (immobilize: characterized by inactivity, loss of motivation, physical pain and hurting, don't want to move.) Used in a sentence: "Do not 'immobilize' in front of your friends, because they will begin to avoid you." Denial and disbelief are the first important stages of the grief process. *Action: Begin a journal, and write down your feelings, which will help you begin to emotionally divorce yourself from the layoff, job loss, company.*
2. Anger: the 3rd stage: Just wait till I get my hands on that no good, low down, bow egged, etc, etc boss! ... This is a very predictable stage, and for most, the shortest one. Anger will get you out of the 'immobile stage'. *Action: Exercise. Walk. Ride your horse. Your Harley. Write in your Journal. Avoid spilling the anger on your friends, former coworkers, and family. Don't get caught up in the blame game. Be kind to yourself, but when you get tired of yourself for company, you are ready to leave this stage.*
3. Bargaining: This is where you start to think of what you could do to get your job back: I could work part time, or longer hours, less pay,

or whatever. Jobs way below your experience level begin to look good. Understand that this job loss was not your fault.

Action: begin to list your strengths, and what you could do for a company. Think about what type of company you want to work for, what expertise you have that they need, benefits of having you in their organization.

4. Acceptance: Post your "work wanted" sign: Action: Sign up for Unemployment benefits. It takes time to get benefits started, so do this before you take your 'vacation'. This is not welfare. It is an insurance policy that all employers are required to provide for their employees. Think of it as a reward for working all that time. More work is to come, and you have to maintain the belief that your job loss was not your fault. Plan on spending the day doing this, signing up for benefits will take a lot of energy, time and patience. Do it anyway.
5. Take a Breather: You are your own boss. Accept that for a while. Give yourself a vacation: take a week off to treat yourself to a few days of being 'lazy'. Go fishing, sleep in, take long baths, and lay around in your pajamas. Eat chocolate. This time is not wasted. It will give you time to begin to reinvent your self. Think about what you are good at. What did you really like about your job? What did you hate? Have you considered going back to college, or trade school, or writing, or having an internet business? *Action: Keep a list and write down everything that you think; nothing is too far fetched.*
6. Corral your family: Budget! Budget! Budget! *Action: Have a family meeting, and decide as a group how to cut expenses.* They may be scared, so sharing the burden of loss makes the load lighter for them and you. Your leadership in your family is a strength that can be multiplied. Your acceptance in the face of adversity will give them permission to be even more supportive of you, and keep the communication lines open.
7. Back in the saddle: get busy. You are now ready to enter the last stage: Move On! Get up everyday and put your face on just like you are going to work. Take a shower, shave, dress, makeup, comb your

hair. This is for you, and those around you. You need to plan on being off work one month for each \$20,000 a year you made in salary. *Action: Devote 40 hours a week to your job search; this is your job for now. Decide how you are going to search, plan your time, and work your plan. Research jobs online. Ask for help.*

8. *Move On with your life with a Barn Raising: Our friends, families, former coworkers, church pals and neighbors love to help us raise new barns, just like in our grandparents' time. Action: Your barn raising will be to write a letter with your resume', contact information, skills, career objective (the job you want), and email it to everyone in your address book. Tell your friends that you are networking to find new employment. This is the time to ask directly for any contacts they may have in your field. Give them permission to forward your resume', or tell them they can print it out to offer to people. Thank them in advance for doing it. Follow up with a second email thanking them.*
9. *Branding your own time: Now you are on your way. Once you are committed to a decision, the universe will rise up to meet you. Expect success, and get results. Get ready: get a calendar, print your resume; and be ready for those interviews. Block off time every day to allow for interviews, job searches and phone time.*
10. *Dust off your Boots! Have your suits pressed, your hair cut, your interview shoes shined. Spend your time everyday looking for work. The newspaper, online sources (Google jobs in Texas, etc). Know your etiquette: Get their card, and write a short thank you note to each person who interviews you. Post your strengths all over your house, so you will constantly be mindful of how wonderful you are. And good luck to you!*

I have been assisting clients with strategic career changes for 20 years.

*If you think coaching might be right for you,
contact me for a complimentary coaching session.*

Sharon Neill Hetherington, MS, LPC, NCC

The Turning Point Life Coaching

lifecoachsharonH@gmail.com

254-749-9025

www.theturningpointlifecoaching.com