

# Activ8Change

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## Top 10 Tips to Maintain Confidence After Redundancy

Losing your job stirs up many emotions from shock, anger and shame to fear, anxiety and insecurity. The fact it's a common occurrence right now doesn't eliminate the potential for it to knock down your confidence. However, notice I said 'potential' — it doesn't have to! There are things you can do to take back control and maintain your confidence until you've landed your next job.

There are several key things you can do to keep your confidence at a high despite the setback and letdown. The crucial element involves focusing upon what you can actually control. Losing your job remains out of your control, that is, there is nothing you can do about it. What you do have control over includes your emotions, thoughts, how long it keeps you down and how quickly you move ahead onto bigger and better things.

Use the following 10 tips to help you maintain your confidence through this challenge:

### 1. Allow yourself time to grieve the loss

Brooding, getting stuck in your emotions and feeling sorry for yourself does not prove helpful or good for your confidence. However, it is helpful to acknowledge how you feel, notice the feelings it brings up and to accept yourself for the feelings you do have. Let those feelings be ok because when you do, they fall away rather than get tucked away only to come out explosively when the next thing pushes your hot buttons.

### 2. Don't take it personally

Remind yourself it is not about you. Taking it personally will only knock your confidence further. Remind yourself it was the company that was struggling and they had to lay people off, refuse to make it about you not being good enough. They had to do it to make the business work – they made your job role redundant *not you!*

### 3. Don't buy into negative thoughts

After a challenging situation such as redundancy, many thoughts will come flooding through your mind, many negative, which can send you into a negative spiral if you buy into them. Accept they will come up no matter how hard you try – it's normal and natural. However, when you notice them, do your best to let them go rather than allow yourself to get carried away with them.

It's definitely a challenging task, nonetheless, whenever you notice yourself engaging in negative thinking simply remind yourself to let it go. Imagine your thoughts like clouds passing across the sky, and keep encouraging the negative ones to keep on passing by.

With the coaching clients I have helped through this process recently, it has helped for them to create a statement or question to ask themselves when they notice themselves thinking negatively such as 'its normal to have these thoughts but rather than focus on the problem how can I focus on the solution, appreciate what I have or do something that will make me feel good?'

Practice 'mindfulness' or meditation to help keep your mind clear. If you don't know what these are email me for more information or get your hands on a good CD such as that of John Kabat-Zinn or a book such as *Power of Now* by Eckhart Tolle.

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## **4. Keep moving**

When we have too much time to ourselves we can easily get stuck in apathy, thinking, analysing and worrying. Hence it's important to keep ourselves moving and being productive. There are many benefits to this – keeping your body moving keeps your energy high, your blood circulating and blocks you from falling into apathy. Also, if you choose your 'moving' effectively it can contribute to getting a new job faster.

What to do? Get up each morning and exercise. Enjoy the sunshine and go for a walk or get out to the gym. Why not take advantage of this extra time you have to recuperate and refresh yourself before going back to work. Go for a run along the beach or take a bushwalk, do something that feels invigorating.

After exercising come home and plan your day. Put three items on your schedule that if you completed that day would make you feel fantastic about yourself and like you are making some progress. Even if you have no plan to leave the house, dress as if you were, to keep yourself in the right frame of mind.

## **5. Think about what you actually want for your future**

Many people miss this step out of fear – fear they will never find another job, fear of a shrinking market or fear of not being able to pay the mortgage. But this is the one time in your life where you have the perfect opportunity to think about what you really want in life. Sit down with a big blot of paper and list your strengths, passions, weaknesses and dreams.

If you could find the ideal job what would it include? What would your role be, what size company, what location, what type of culture and boss?

Sort out your priorities in life in general while you have the space. What have you been neglecting or what has been missing? How have you failed to look after yourself? Use this time wisely as it may be a while before you have it available again!

## **6. Get proactive and start looking for a new job**

Yes, give yourself time to wind down and deal with the emotional side of redundancy. Make it well worth the while, with videos, crying, chatting endlessly to your partner or best friend but after a few days get back up and start taking action. This will keep your motivation high and bring hope and possibility into your life. It will of course also open you up to more opportunities.

Don't just search the 'seek' ads, think outside the box. Take action every day, get creative about where you can look, who you can approach or who you could ask for help.

## **7. Let the world know what you are looking for**

The saying is true 'It's not what you know it's who you know' – having the right contacts can get you everywhere. You can dramatically increase your chances of landing the ideal job by getting clear about what you want and getting out and letting the world know.

How? Make a list of all your contacts, both personally and professionally and give them a call. Let them know what has happened, why you are an asset and what you are looking for and ask if they have anyone they know that would be good to talk to. Keep an open mind, the right contact may spring up from somewhere you could never have anticipated.

Start attending networking events and seminars to increase your contact and keep up the activity. Get yourself on linked in and twitter and connect.

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## 8. Spark up your interviewing skills and resume

If you haven't got a resume in good shape, get one done for you (email me if you would like me to send you the details of a great contact) and get support to improve your interviewing skills if you haven't been to one for a while. At the least, sit down and prepare for the interview by brainstorming with questions you could be asked and your responses to those questions.

## 9. Keep your focus on your assets

It's easy when you have lost your job to get caught up in your weaknesses and failings but refuse to do so. Focus every single day on your assets, your strengths, accomplishments, experiences, what difference you can make to any job role. If there exists one thing that almost every coaching client I work with has in common it's a failure to focus on their strengths and value.

Grab a diary right now and make a long, thoughtful list of everything about that is an asset. Get to the place where these come immediately to mind when someone asks you about it. Read my article on 'Unshakable Self-Value' to get more tips and ideas.

## 10. Get support!

Hire a coach, talk with a mentor, attend seminars and networking events – whatever you do reach out and allow others to help you help yourself. This could actually turn out to be the best thing that had even happened to you, if you allow it.

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