

SURVIVAL GUIDE AFTER GETTING LAID-OFF

Losing your job can be a traumatic experience, whether you were expecting it or not. Being laid off can feel like a significant setback for your career, as well as potentially impacting your ability to put food on the table. The thought of finding a new job may seem like a daunting task. However, it's crucial to remember that being laid off does not define you, and there are steps you can take to find your next great job.

Here are some tips to help you navigate the process of finding a new job after being laid off:

1. Assess your current situation

The first step to finding a new job is to assess your current situation. Determine the reasons behind your layoff and take time to reflect on what you want in your next job. Think about your strengths, weaknesses, and career goals to help guide your job search. I recommend writing down 3 important criteria that you desire in your next job. This will help to guide your decision making as various roles and companies come along.

2. Leverage your network

One of the most effective ways to find a new job is through networking. Reach out to your contacts, including former colleagues, friends, and family members. Let them know you are looking for a new job and ask if they know of any opportunities. Tailor your outreach and messaging to the types of jobs you are targeting and highlight your relevant skills and experience.

3. Work with a recruiter

Working with a recruiter like HireNetworks can be a valuable resource for finding your next great job. Recruiters have access to a network of employers and job opportunities that may not be publicly available. They can help you tailor your resume and cover letter to specific positions and provide guidance and support throughout the job search process. Probably the best

thing about working with a recruiter is that they usually have direct access to a hiring manager, which helps avoid applying to jobs without ever hearing back.

4. Prepare for interviews

Preparing for interviews is critical to landing a new job. Research the company, practice answering common interview questions, and prepare questions to ask the interviewer. Consider scheduling a mock interview with a friend or career coach to practice your interview skills. Using proven interviewing methods such as behavior based interview can really help to highlight your past experiences and communicate to an employer the value that you've brought to past companies.

5. Stay positive and persistent

Finding a new job can take time, so it is essential to stay positive and persistent. Celebrate small victories, such as landing an interview or receiving positive feedback on your application. Take breaks when you need to and focus on self-care. Keep your motivation and determination high, and don't give up.

Being laid off can be a difficult experience, but it does not define your future. Take the time to assess your current situation, update your resume, leverage your network, search job boards and company websites, work with a recruiter like HireNetworks, prepare for interviews, and stay positive and persistent. With determination and hard work, you can find your next great job.

