

GET THE JOB

Rebounding After a Layoff

Strategies for Recovering and Returning to the Job Market

Facing a layoff can be one of the most challenging experiences in a professional career.

While it's normal to feel uncertain, it's also an opportunity to reassess, rebuild and pursue new opportunities. Here's how to recover and navigate your way back into the job market with confidence.

ACKNOWLEDGE AND PROCESS

After a layoff, taking time to acknowledge your feelings is essential. Losing a job can bring a mix of emotions, from frustration to grief. Give yourself space to process these feelings and focus on the positives, like the chance to explore new career paths or learn new skills.

Reframing the experience as a professional reset rather than a setback can help you maintain a positive outlook. Recognize that layoffs are often beyond your control and don't define your worth or capabilities as a professional.

UPDATE YOUR RESUME AND SKILLS

Before re-entering the job market, review and update your resume to reflect your most recent accomplishments. Highlight transferable skills, major projects and metrics



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that demonstrate your impact in previous roles.

If you have a career gap, address it confidently in your cover letter by focusing on how you used that time to grow, whether through volunteering, consulting or professional development.

Use this period to sharpen your skills. Online courses, workshops or certifications

can enhance your expertise and show prospective employers your commitment to staying current in your field.

LEVERAGE YOUR NETWORK

Networking is one of the most effective ways to find new opportunities after a layoff. Reach out to former colleagues, mentors and profes-

sional connections to let them know you're looking for a new role. Be specific about the type of work you're seeking to make it easier for them to offer targeted advice or referrals.

Don't overlook the power of social media. Update your LinkedIn profile to reflect your current goals and join relevant industry groups to connect with others in your field.

Often, opportunities arise from conversations or introductions within your network.

By approaching a layoff with resilience and a proactive mindset, you can turn it into a stepping stone for growth. With updated skills, a strong network and a clear plan, you'll be well on your way to securing your next career opportunity.