

# GET THE JOB

## Getting Back on Track After a Layoff

### How to Move Forward With Focus and Confidence

A layoff can come as a shock — even when you see it coming. It affects more than your paycheck. It can shake your confidence, disrupt your routine and leave you wondering what comes next.

While it's normal to feel overwhelmed at first, a layoff doesn't define your future. In fact, with the right approach, it can become a turning point in your career.

#### TAKE TIME TO PROCESS, THEN REGROUP

Give yourself permission to take a breath. You don't have to bounce back immediately. It's OK to feel frustrated or uncertain — but try not to let those emotions linger too long.

Once you've had time to process, start outlining a plan. Update your résumé, review your budget and think about what you want in your next role. Consider whether you want to stay in the same industry or try something new.

This is also a good time to revisit your professional network. Reach out to former coworkers, managers or mentors to let them know you're exploring new opportunities. Many people are happy to offer support, leads or even a referral.

#### FILL THE GAP WITH PURPOSE

If the job search takes longer than expected, don't let the time go to waste. Volunteer work, freelance projects, certification courses or part-time jobs can all help keep your skills sharp and your résumé active.

You can also take time to reflect. What did you enjoy about your last job? What didn't work for you? Use those insights to shape your goals going forward.

When you're ready to interview, be honest about the layoff — without dwelling on it. A simple explanation like, "My department was restructured

and my role was eliminated," is enough. Then shift the focus to what you've done since and what you're looking for now.

#### BELIEVE IN WHAT YOU STILL BRING

Being laid off doesn't make you less capable, less valuable or less employable.

Companies restructure all the time — and it often has nothing to do with your performance.

Stay consistent, stay connected and keep applying. With time, effort and a clear sense of direction, you can move forward — not just to another job, but to a better fit.



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