

"Bouncing Back Tips" - Linda Nash

BOUNCING BACK

Managing the Challenges of Your Career, Your Life, and Your Business. A free monthly newsletter based on the books, tools, and workshops of Linda Nash, MBA

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ON CAREER AND JOB LOSS

Job loss or the fear of it is top of mind for many in today's uncertain economy. Those who have planned their career, positioned themselves well, and kept their ears to the ground usually bounce back the quickest from any change.

Complacency sets in easily when things are going well. And then suddenly you can find yourself in chaos scrambling to regain a foothold. So what do you do?

Be Prepared

"By failing to prepare you are preparing to fail."
- Benjamin Franklin

First: Continuously update your skills and knowledge. Don't wait for layoffs.

Second: Update your resume annually. If you don't have any accomplishments to add you're not doing much. Get going.

Third: Add measurable value to your job. Not what you value, but what your organization values. If you don't know what that is, find out.

Fourth: Network - network - network. If the only time you network is when you're looking for a job you have likely missed many opportunities in life. This is the greatest weakness I find in clients who come to me for help. Networking is a way for people to help each other. A well maintained network is both a personal and professional treasure. And even in today's high tech environment, 75% of new jobs, especially the best ones, are found through networking.

Fifth: Know what you have to offer an organization and be able to articulate it clearly.

If the worst has already happened and you weren't prepared:

Get past your hurt, anger, and desire to get even. Your feelings are real and should be acknowledged and processed but not with possible employers. If

you're feeling like a victim your job search will take longer.

Then go back to the "be prepared" section and actively, on a scheduled basis, begin doing the things you should have done. And when you find that next position, don't forget to be prepared. It will likely happen again.

For information on how coaching can help you or your group stay focused and achieve goals with less anxiety and wasted effort contact [Linda Nash](mailto:linda@lindanash.com) at linda@lindanash.com

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Please feel free to forward to E-Zine to any friends or family. Until next time - Be well - be happy - keep bouncing back.

For Free articles or information on resilience go to <http://www.Lindanash.com>

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