



Steps for Navigating Your Next Chapter After a Layoff

1 Take a DEEP Breath and Reflect

**THIS IS A GOOD TIME TO ASK YOURSELF,
"IS THIS THE PATH I WANT?"
IF YOU HAVE THE FINANCIAL LUXURY,
DON'T RUSH THE NEXT STEP.**

It's natural to feel pressure, but immediately applying can lead to despair and mistakes and distract you from a path that is more suitable for your current situation.

Process emotions, talk with your community (family and friends), and reflect on what you truly want in your next role.

What are your non-negotiables? What new skills should I pursue? Where else will my current skillset be valuable? Who can help me? How do I engage resources to help?

2 Assess Your Current Situation: Financial, Personal & Logistical Responsibility

UNDERSTAND YOUR CURRENT RESPONSIBILITIES SO YOU CAN BEGIN A JOB SEARCH MEETING YOUR SHORT & LONG TERM NEEDS

Before you begin a full-time job hunt, discuss the essentials and the path with your family.

Review your severance package, understand health insurance options (like COBRA or marketplace plans), and apply for unemployment benefits.

Clarity with your current situation and the path you plan to pursue with all around you, frees you to focus on the job search effectively and minimizes the stress for all involved.

3 Refine Your Narrative & Toolkit

POLISH YOUR PERSONAL BRAND! DOES IT REFLECT THE CURRENT YOU? RESUME, LINKEDIN, & YOUR "ELEVATOR" STORY.

Update your resume with your latest achievements (quantify impact where possible).

Optimize your LinkedIn profile for relevant keywords and set your "Open to Work" status.

Craft a concise, positive narrative about your layoff that you're comfortable sharing with your network and during interviews.

Prepare to Tell Your Story in a 15 second pitch!

4 Strategize Your Network Engagement

ACTIVATE YOUR NETWORK: CONNECTIONS ARE KEY.

Your network is your most powerful asset when looking for a job.

Don't just ask for a job; ask for advice, informational interviews, and warm introductions.

Reconnect with former colleagues, mentors, and industry contacts. Get Out There And Tell your story!

Remember, most opportunities are found through connections, not just job boards. People like to help when they can. But also remember to Pay it Forward!

5 Target Your Search & Tailor Applications

SMART SEARCHING: QUALITY OVER QUANTITY.

Resist the urge to mass-apply. It wastes your time and energy.

Instead, identify target companies, target industries and roles that align with your skills and professional goals. Customize your resume and cover letter for each application.

Researching the company and tailoring your message dramatically increases your chances of standing out.

Reach out to hiring managers for informal conversations and interviews. The phone is your friend during this time! Resist an all online or all email job search!

6 Upskill or Reskill

INVEST IN YOURSELF: BOOST YOUR SKILLSET.

Use this time to enhance existing skills or learn new ones.

Online courses, certifications, or even industry webinars can make you a more competitive candidate and demonstrate your commitment to continuous growth.

It is also amazing who you meet in these learning forums! Be active, be prepared to tell your story in every situation.

7 Practice Interviewing & Negotiating

PREPARE TO PERFORM: INTERVIEW & NEGOTIATION READINESS

Ace the interview by practicing common questions, researching the company thoroughly, and preparing insightful questions to ask.

When an offer comes, know your worth but don't change your "ask" as an offer nears. It creates distrust and many offers are lost from this untimely pivot.

With clarity, be ready to discuss compensation, benefits, and other terms. Ensure your "ask" is consistent with the value that you bring to the organization.



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