

FROM

DREAMERS

TO DOERS

♦ with Beth ♦

PODCAST ON A PAGE

5 Ways to Tackle Redundancy.



There is No Right or Wrong Response

Do not judge your immediate reaction by comparing it to how everyone else is handling it: do your journey your way!



Take Action

Even the smallest actions can be the moral boost you need. Find something that's positive to focus on and go for it.



Accept Strength from Those Around You

Consider your Support Circles. Listen to, and take on board the positives they're sharing about you.



Reframe Your Idea of Success

Is success the salary? or the ability to learn a new skillset? Decide and focus on your own version of success.



Don't Always Obsess on the Long Term

Do something that will work for the here and now. You may end up with a different career, or even your own business!



PODCAST EPISODE 13



Let's Talk Redundancy:
The Career Turning Point
with Jon Seymour