

FROM

DREAMERS

TO DOERS

✦ with Beth ✦

# PODCAST ON A PAGE

## 5 Things to Consider as You Take Your Next Steps Post Redundancy.



### Give Yourself Time

Take time to reflect and process. Giving yourself the time you need, means you can work out the best way forward that will work for you.



### Be Pragmatic

Job applications take a lot of time and energy, be careful not to burn out. You can't apply to all of the roles and vacancies all of the time.



### Ask For Help

It certainly helps to reach out to all the people you know - rarely do people respond with anything other than genuine help or kindness.



### Use External Resources

Don't be afraid to talk to the Citizens Advice Bureau, they are there to help guide you and give you the confidence you need to move forward.



### Consider Your Offers

Make sure the role is the right fit for you and you're the right fit for their team. Ask yourself, "if I was employed, would I still take this job?"



PODCAST EPISODE 14



Let's Talk Redundancy:  
The 5 Stages of Job Loss  
with Rebecca Daniel