

FROM

DREAMERS

TO DOERS

♦ with Beth ♦

PODCAST ON A PAGE

5 Ways to Move Forward Post Redundancy.



Do Your Research

As well as jobs & companies, research around your own situation - what's going on in the job market & your industry at the moment?



If You Need Help: Ask.

Don't stay in 'I can handle this on my own' mode for too long, reach out. There are people who want to help & support, let them in.



Decide Where you Spend your Time

Spend your time intentionally, it drives your results. What are you doing right now & why? Whatever you do, ensure it's got reason & purpose.



The Benefits of Routine

Create & stick to a daily routine, even something as simple as a set wake up and bedtime. This will give structure in what feels like chaos.



Reach Out.

Don't be afraid to ask others to advocate for you, the worst they can say is 'No'. You can help by writing your own referral for them to edit.



PODCAST EPISODE 17



Let's Talk Redundancy:
A Tale of Two Redundancies
with Mark Villalovos