



Ame  
Recruiting Leader

## Becoming your best self

How to manage the potentially negative stigma associated with being laid off.

- ▶ Remind yourself that these are different times. Most of the recent layoffs are due to the pandemic – something that is almost impossible to predict.
- ▶ The job markets are very slow with minimal hiring activities. The lack of activity is likely not due to your profile, but on the overall slowdown in the hiring markets
- ▶ Use your time from work in an effective way so that you are prepared to answer the question “what have you done since your layoff date”.
- ▶ Take a class or certification that will enhance your current profile, learn something you’ve always wanted to learn but didn’t have time for, reach out and enhance your existing networks.
- ▶ Do something for yourself in order to boost your self-esteem – meditate, exercise, go for hikes.

Overcome the burnout of the job-hunting process

- ▶ Remind yourself that the job-hunting process may take several months. Much of the slowdown is based on the current pandemic and is very difficult to predict when we will have a meaningful recovery. Patience is needed and remember, very few are finding jobs in a short time frame.
- ▶ Don’t spend hours a day looking at the same positions. Give yourself a break from the job hunt to be able to clear your mind. Take breaks during the day. Create natural breaks in your day to head outside.
- ▶ Surround yourself with positive people. Being around people with negative energy can be contagious. A positive outlook is necessary and could be the difference between you and a similarly qualified candidate
- ▶ Create a list of criteria that you are looking for in your next job/ company. Examples include your wish list on location, role, company culture, what skill set you’d like to learn, type of manager you want to work for, etc. This will give you goals to achieve as you select your next position

## Build self confidence in yourself

- ▶ Take 5 minutes a day to write down what you are grateful for. Those who are accepting and happy with their current situation tend to give off positive energy.
- ▶ Write down your daily accomplishments, no matter how big or small.
- ▶ Spend time every day outside - studies show that we need adequate amounts of Vitamin D and being in the sun for as little as 10 mins a day helps build that vitamin D.
- ▶ Spend time every day doing something physical - go for a walk, garden, ride a bike.
- ▶ Set a goal to accomplish something significant - build something, learn a new hobby, build your networks. Once you accomplish that goal, set a new one to continue your growth.

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