

Ten Tips for Getting on Your Feet after Job Loss

One: Take time to process and heal. A positive, upbeat attitude is imperative to a successful job search. Regardless of how you felt about your job, you have undergone a loss. Take a set amount of time to process and heal.

Two: Get physical. Think of yourself as an athlete training for a race. Get in shape. Exercise regularly. Eat right. Get plenty of sleep. You don't have any excuses; you now have time to attend to your physical needs. Not only will you feel better, research shows that given two candidates, most employees will choose the one who is in shape.

Three: Get structure. Treat your job search as a job. Devote a specific amount of time to it each week. (Most of my clients commit a minimum of 25 to 30 hours a week.) Also make time to do something fun every day. Run, hit a few golf balls, or make time to read. Whatever you enjoy. Also consider taking a class, a part-time temporary job, or doing volunteer work. Fill your days.

Four: Open Yourself to Possibilities. Many recently unemployed people have discovered an expected gift in their layoffs: the opportunity to realign their careers and lives with their needs, wants, and values. Just because you've been in the same field for twenty years doesn't mean you have to stay in it. Now may be the time to reinvent yourself and pursue your dream job. What have you always wanted to do, but never did? Your education, experience, and skills may be transferable. The biggest mistake job seekers make is to become desperate and settle for a less than ideal job.

Five: Get support. Find a job loss support group or networking group. Consider hiring a career coach and/or therapist. Reconnect with friends and family. Enlist the support of several close friends. You don't have to go through this alone. Reach out.

Six: Package, present, and promote your best self. You have only one chance to make a great first impression. Showcase your unique selling proposition—the three skills, attributes, experiences, or credentials that separate you from your peers. Emphasize these things in your cover letters, resume, interviews, and follow-up letters. Also craft your “elevator speech,” a two-minute presentation of what you do, how you do it differently from others, and the benefits it provides.

Seven: Polish your resume. Your resume is your calling card in a job search. Make sure yours shines. Use many of the exact words used in the job description to which you are responding. Focus on benefits and results. Ask “so what?” after each entry. For example, if you write, “I managed a department of seven people,” answer the question, “so what?” Write instead, “I managed a department of seven people that consistently met or exceeded departmental goals.” Then provide an example.

Eight: Build your brand. Google yourself. The chances are a potential employer will do that too. What did you find? Build your Google-index by including your profile on social networking sites such as LinkedIn.com, writing a book review on Amazon, or responding to a blog.

Nine: Network, network, network! Almost all jobs in this economy will be gotten through networking. Work your network. Set a goal to make X contacts each week, and don’t forget alumni groups. Interview others in your network for information. Seek ways that you can be of value to your network. Save less effective job search tactics such as responding to online sites for the evening when your energy is low.

Ten: Be patient. Finding a job in today’s job market may take time. Some say to expect to search one to two months for every \$10,000 in salary you want. Your search may take longer, or less time, depending on the industry you’re targeting.

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For more tips on getting back on your feet after job loss, purchase Randy Siegel’s latest eBook, *Stand in Your Power after Job Loss*. In this information-packed eBook, you’ll learn:

- How to harness the power of positive thinking in your job search and reclaim your power
- The most effective strategies for finding work in today’s down economy
- How to write winning cover letters and resumes
- How to interview to impress
- The questions you are most likely to be asked in an interview and those questions you should ask

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