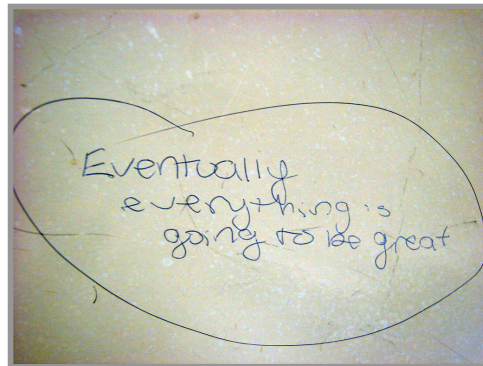




Press Release: Staying Positive After Redundancy



As the Credit Crunch continues to tighten its grip and redundancies continue to rise, more employees are facing the grim reality of unemployment. For anyone who has been affected by redundancy here at 10 Top Tips to Help them through:-

1. **TAKE STOCK:** Don't panic. Pause, take a deep breath and instead of rushing out and taking any job only to regret it later, reflect and use this time as an opportunity to re-engineer your future in a meaningful way.
2. **DON'T TAKE IT PERSONALLY:** Don't get angry, you never know when your ex employer might be able to help you! One day you might even want to say thank you to your employers for making you redundant. Some very successful entrepreneurs started out after losing their jobs and have never looked back. Why not you?
3. **BE ACTIVE:** Don't sit about watching TV or moaning about how bad it all is to your friends and family, keep your spirits up by taking exercise and keeping fit.
4. **BE OPEN:** Talk to your partner. This is not time to be a hero or carrying the burden alone, or worse not telling them at all.

5. **KEEP POSITIVE:** Don't write yourself off! Be your own best friend and back yourself up 100%. You are more than your job anyway, so do whatever it takes to keep your confidence levels high. Read self development books which are packed with motivational material.
6. **LOOK BEYOND:** We read about someone who was so devastated by redundancy that it took them a whole year to get over it. Don't waste time hanging into sad feelings. Deal with it, get over it and move on.
7. **IT'S UP TO YOU:** Don't wait to be rescued. Be committed to building a new future – meaning doing whatever it takes to change your future, every day and don't rest until you get there. Create opportunities for yourself by taking action, talking and being curious.
8. **TALK & LEARN:** Don't be a hermit. Human beings are tribal and therefore need other people to maintain their equilibrium. Sometimes losing a job involves losing a social network which provides morale support and stimulation. Make sure you are still getting out and meeting people, get involved.
9. **GET ORGANISED:** Write down your goals and take action. The mere act of putting your objectives on paper helps you focus and activate your mind towards achieving them. Focus on what you don't have only creates more of the same. By writing down what you want is a way of directing all your energy in the right direction.
10. **DEVELOP A STRUCTURE:** Make sure your day has a structure and you're not staying up late or getting up even later in the morning. The discipline of a routine keeps you alert and reinforces a feeling of self worth. You need to be open and ready to seize new opportunities when they arrive. By staying in bed, you'll get 100% of nothing done.

More useful tips can be found in a “**45 Steps You Absolutely Have To Take To Succeed After Redundancy**”. Written from her own experiences Wendy Dashwood-Quick of Resolution Coaching has produced this free report for individuals affected by Redundancy.

<http://www.resolutioncoaching.co.uk/Redundancy.htm>

ENDS: 536 Words