I am Sandra Greatorex, Butterfly Transformation and Growth for Life. I am a life coach and set up my practice in 2008 after undertaking a Diploma in Personal Development Coaching and Corporate/Executive Coaching. I have coached unemployed people to help them to get back into employment. Some of those were long term unemployed. I was successful in helping people overcome their fears, develop self-belief, build up their confidence and self-esteem and identify opportunities available to them. I have personal experiences of being made redundant and want to share this with you on how to cope in this situation. I am going to provide you with key steps that will help you get started on the right path to your future.

Redundancy brings about a massive change to our lives. We spend a big part of our lives at work. Having a job gives us a sense of purpose. When you have been made redundant you need to identify a new sense of purpose until you get back on the right path for you.

Redundancy is an emotional time which can be related to the feelings you get when you have bereavement. It is a sense of loss as you have now lost something that was part of your life. You need to accept that you will go through a grieving process. When you are grieving you will have a lot of negative feelings. To move forward you need to overcome these. Some people cope better with change than others. There will also be an element of fear as this is a big change to your life and a change to the lifestyle you have.

So view your situation in the positive and see this as an opportunity to making a change in your life and doing what you really want to do. You need to now see your life as a project.
Here are your first six steps to get you started:

1. **Leave the past behind**

   When you are redundant it is so easy to get lost in blaming your employer or yourself. Don’t dwell on the past as this will not move you forward. Take responsibility of your life.

2. **Believe in yourself**

   As redundancy is a very stressful time you may start to panic about what your future holds. When you panic you don’t always see the opportunities that are presented to you. You need to stop all that negative self talk and criticising yourself. You need to develop a belief that you will get what you want. Also have the belief that you have the skills and abilities to offer to a new employer. If you believe it yourself you will project this to others. You will also project confidence and be passionate about the work you know you can do. Only have positive thoughts. If you haven’t heard anything about that job you applied for ring them up and ask if you have been short listed, if not ask why?
3. Re-assess your life

This is now an opportunity for you to stop, think and plan.

What would really like to do now?

Do you want to re-train? Yes/No

Do you want to set up your own business? Yes/No

What would you like to do with your time whilst you are unemployed?

If you were going to take any job what would that be?

Remember you can do anything you want to, if you want it enough you will find a way to move towards it.
4. Take action

Now you know what you want to need to put this into action. People who get what they want are motivated, determined and focused. If you want something ask. If you don’t ask you won’t get. Overcome your fears. This is what stops us from taking action and getting what we want. Remember, you don’t have to do this on your own seek support from family, friends, professionals.

5. Applying for jobs

Check out the papers, internet, recruitment agencies, tell people you are looking for a job on a regular basis. If not sure about the job ask for an application pack. If still not sure complete application and submit decide when you are asked to go for an interview. Write your application for the job by including an answer to everything on the personal specification. Once invited for interview. Prepare. Make notes on a note pack if you think you may be nervous. Remember you have to answer the questions and say what you have put on your application form. Write on your note pad a list of questions you have for them. Practice in the mirror looking confident. After the interview if you are unsuccessful ring up and ask for feedback so you can learn for next time. Persevere and you will get a job.
6. Take control financially

Check your budget where can you cut back. What don’t you really need? How much could you really manage to live off? Remember, any job when unemployed will give you more money that what you will receive on benefits. Ask for help from a professional advisor.

If you want to know more I have written a handy e-book which will give you more practical hints & tips

TO READ MORE CLICK HERE