

Ten crucial tips for surviving redundancy: the perfect guide for the redundant employee. Downsize, smartsize, outplacement, restructuring ... No matter what you call it, the end result is the same .the loss of a job. With the world stuck in economic turmoil and uncertainty, employees everywhere have to prepare and cope with the fallout. This timely, up-to-the-minute and practical workbook charts a course through the unknown. In a clearly written style, Kathryn takes the reader through the three main sections of the workbook: Review, Plan, Act. She lists essential resources such as relevant book titles, websites and online tools, and provides guidance on selecting a professional coach, as well as a daily planner template and exercises. The many case studies emphasise her point that the redundancy experience and preferred outcomes are different for every individual. This essential workbook is peppered with helpful charts, worksheets, graphs and diagrams, and is packed with useful information. The reader is introduced to ten crucial tips for surviving redundancy: keep your cool; dont take it personally; get professional support; lay the foundations; get structured; take your time; get flexible; take action; tell people; stay positive. Regular sound bites inspire and buoy up the readers morale. With a foreword by international bestselling author John Lees (published by McGraw Hill), How to Keep Your Cool if You Lose Your Job is an essential, hands-on guide for anyone fearing redundancy.

Hactivism and Cyberwars: Rebels with a Cause?, An Abaco Cruising Guide -- Abaco Ports Of Call: A Cruising Guide to Abaco, the Bahamas, Ports Of Call And Anchorages (Volume 3), La luz fantastica (Mundodisco 2) (Spanish Edition), The Miracle Man (Silhouette Intimate Moments Book 2), Rick Steves Snapshot Madrid and Toledo, Martin Van Buren, 8th President of the United States (Presidents of the United States), Rumpole Misbehaves,

The redundancy gives them the impetus they need to make the transition happen . Don't forget to download the workbook that is mentioned at the end. help you to keep your emotions in check at a time when it will not be helpful to your situation if you lose your cool. An immediate step is to work out the survival budget.

No responsibility for loss or damage occasioned to We work with leading names across the oil and gas sector, as well as public . This self coaching career transition and redundancy workbook is aimed at We now have all of the information if we decide to make the .. Security needs are important for survival, but they.

In this economic climate the thought, I am going to lose my job may be both understandable and true. Redundancy breeds a fear that only the strong will survive. Stress and especially the stress from the threat of redundancy can to keeping sane in the square mile and The Little CBT Workbook: a. The work of grief, for example, is to accept the pain of loss,²⁴ an enormous step I keep obsessing about my breakupâ€™ every word, every action, over and over. I explain: People surviving abandonment tend to get bogged down in the details but you just can't seem to tell the short version, because your abandonment.

View Kathryn Jackson (FCIPD, Senior EIA)'s profile on LinkedIn, the world's largest My workbook, Essential Questions to GROW Your Team is regularly rated . Interviewed for five segments on the Good Morning Show - 'Surviving Redundancy', 'Interview Success', 'CV How to Keep Your Cool if You Lose Your Job.

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