

Surviving redundancy

There's no denying that times are tough at the moment.

Our economy is doing better than some other countries, but many of us (companies and individuals) are still tightening our belts.

Unfortunately, in some cases, that can often mean redundancies.

So here are some helpful tips and strategies for getting through a redundancy and emerging confidently on the other side.

It's not you, it's them

If you're someone who has recently been made redundant, the important thing to bear in mind is that it is not a reflection on you personally. Your employer was forced into a position where they had to downsize and you just happened to be one of the unlucky ones.

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Where to next?

You have a few options in terms of what to do now and what to do next.

You have been through a fairly trying situation so maybe you will need a bit of 'me time'. If you are able to, why not start by simply taking a break.

Or maybe you could do a bit of volunteer work while you are waiting for the right job to come along? Volunteering is not only beneficial in terms of adding new skills, experiences and general strings to your bow, but helping others is good for the soul.

Once you feel ready to get back into it, there are two possible ways to go.

The first way is to stay on the same career path and find a similar job with a different employer. The second (and possibly more exciting) way, is to treat this as an opportunity to start a whole [new career in a brand new industry](#).

The first path...

Start by getting your CV in order - freshen it up if it needs it and make sure that it paints the best picture possible of you.

Maybe write a covering letter explaining the circumstances that put you in your current position, and expressing your desire to get back in the game as soon as possible?

Use any industry contacts you have. Talk to everyone you know and [find out who's hiring](#), who's doing well and where the best opportunities might lie.

You should also update all of your online profiles, including your [SEEK Profile](#). This is a quick and simple way to make sure that your status is current, and that people know you're available.

The second path...

You may decide to pursue a whole new career in a completely different industry. Maybe there has been something that you have always wanted to do, but never thought you could? Maybe you really weren't that happy in your old job anyway?

Now is the time to chase dreams and make changes.

Many of the skills you acquired in your old career might be perfectly transportable to another. For example, if you worked in sales, or logistics, or HR in one field, there's nothing stopping you from pursuing the same type of role in another. Not every job requires a specific degree or qualification.

But if the career you want does, then why not consider doing a course to achieve it?

Positive thoughts bring a positive outcome

Above all, stay positive and stay focused. Work out exactly what it is you want and then work out the best way to achieve it.

Right now, the last things you may want to hear are clichés about clouds and silver linings. But all things happen for a reason. Always seek the positive.