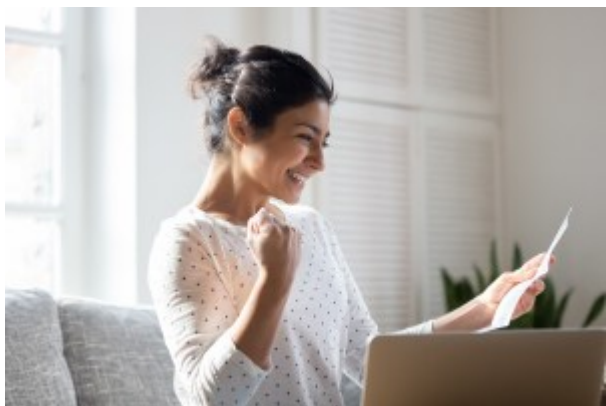


How to Reinvent Yourself in an Unforgiving Job Market



Maybe it's happened to you. If not, it's certainly happened to someone you know. You show up to work one day and find out that you're being let go. Maybe, it's just no longer a good fit. Maybe, your position is being replaced by technology. Perhaps, you were part of a corporate downsize.

Whatever the reason, being let go is one of the worst feelings in the world. You feel lost, unwanted and want to go crawl in a hole. In your eyes, you're letting yourself and your family down. No one can blame you for feeling this way. But, you can't wallow in your own misery forever. As hard as it might be to recognize in the moment, it's not the end of the world. If you find yourself in this position and aren't sure how to proceed, read on.

What People Say or Think Doesn't Matter

You're probably used to folks looking up to you. Now, you're wondering how you're going to pay the dues at the country club, or your child's private school next month. Or, how you're going to tell your friends you can't make that weekend couples trip to wine country. None of that matters. It's going to take some time to come to grips with your new reality. The bottom line is that what other's think, do or say isn't a reflection on you as a person.

Starting from Scratch isn't a Bad Thing

Even though it seems like you've hit rock bottom and there's no way out, it's quite

the opposite. You're now free to do whatever you want. No boss to answer to, no teams to manage. You get to call your own shots.

This is a time for introspection. Ask yourself some big picture questions. What are your core values? What do you want out of your next job? Are the skills you currently possess still valuable? If not, what new skills are you willing to learn or refine? This is a time without your usual day-to-day distractions to really consider what you want to do and what makes you happy.

Purpose

For years, you've woken up every day with a purpose. To make money. To make your organization better. To further your own skills. To meet the expectations of others.

All those things you once knew, are gone. That doesn't mean that having purpose is any less important, though. In fact, it's more important now than ever. The cool thing is that you now get to define it for yourself. Purpose is different for everyone. It might mean taking some time for yourself. Or, it might be jumping right back in the saddle and beginning the job search. Whatever path you choose, it's vital that you have a purpose each and every day.

Take Action

Once you've taken some time to clear your head, it's time to make a game plan and put it into action. It isn't going to be easy. If you decide to change careers entirely, great. If it's time to look for something new in the same realm, all the better. Whatever your plan of action is, the key is to pursue it doggedly. There are going to be days and moments of frustration. You're going to feel like giving up. But, you have to remember what made you successful in the first place. It wasn't doubt, angst or giving in.

Once you've committed to a new path, stay with it. Your discipline and determination will win out in the end.

Dealing with Rejection

If it was easy, everyone would be doing it. So the saying goes. Once in a while, you'll be in the right place at the right time and land firmly on your feet. More often than not though, you're going to face some rejection on your way to newfound success. How you deal with it is what makes all the difference. When you don't land that interview or job, it's easy to get down and start doubting yourself.

But maybe, there's another way to look at it. Instead of rejection being the end of the world, what if you looked at it as another opportunity to try something new? No question, it's easier said than done. If you're going to be successful, you're going to need a thick layer of skin and a positive attitude.

If you stay at it long enough, everything will work out.

It sucks. Just when you think you're on the path to success and longevity, your momentum is halted in its tracks. It seems like the end of the world, and it's impossible to see a path forward. Those thoughts are natural. The easy way out is to admit defeat and pack it in. If you want to be resilient however, there's nothing that stands in your way. Ultimately, you're the determinant of your success and happiness. If you choose the latter, and set about your circumstances in the right way, you'll find yourself back on top and happier than ever. After all, if you think back at setbacks you've had before, you may notice that the next step you took was better than where you were. And the next step you take will most likely be an improvement over where you just left. This is your chance to make the improvements.

If you are looking for a job in the [Life Sciences industries](#), contact me, Jeff King at jking@rqfocus.com or (541) 639-3501.