

## The Butler Eagle

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### *I'm out of work....So What? Or Now What?*

"My severance is running out at the end of the month. I really need you to find me a job." Far too many people have said that to me in my career as a recruiter. For many of them, it was too late – severance did run out! Did I fail them? Talk about stress! The sad truth is, however, that they failed themselves by waiting too long to start their search for new opportunities. As a recruiter, I am only one resource – not to mention I don't find positions for people – rather – I find people to fill positions. There's a difference.

Whether you're laid off, downsized, furloughed, displaced (call it what you want), when it happens to you, you'd be better off to say, "I'm out of work...so what or now what?"

"So what?" Okay, being displaced stinks (I know, I've been there). It's important to take the time to let it sink in. You owe it to yourself to take a little time to do what helps you to accept it and clear your mind. Take a football quarterback for instance (anyone but a Steeler). A good, unexpected sack can send him into tomorrow or even next week! Off to the sidelines to "shake it off" (with the support of his coach, teammates, fans, etc). But then what? After a few plays he's back on the field ready to go! Taking some initial time and using it to your advantage can mean different things to different people. Clean your garage, wash your car, visit a friend, chill out, work out, laugh, cry, reflect - Whatever it takes for you to work through the initial feelings you have about your situation... Just do it, and then move forward. By the end of the first week you should be getting to the task at hand – your future. You now need to change your focus from "so what" to "now what". What do I want to happen next? What do I need to do to make it happen? What is in the way of getting what I want? What can I do to move beyond it? What resources are available? What steps should I take to begin? There are many questions to be answered before starting the leg work of the actual job search. You may decide to pursue work in the same field. Perhaps you want to try a different type of work than what you did before – how do you make a career change? You want to start your own business? Maybe this is the time to go for that "dream" job you've often thought about. Severance & unemployment compensation is offered so an individual who finds himself or herself out of work can afford to take the time to work through the issues necessary to identify and engage resources in order to obtain a suitable position. This is your job now. Networking, researching, training, applying, interviewing are only part of a process that takes time if you are to achieve the results you desire. Every minute of this time should be taken advantage of. In today's ever-changing work environment, where it's not unlikely a person will change careers up to 10 times during his or her work-life and the "gold watch retirement" is more quickly becoming a thing of the past, it is important to be aware that change can happen, it can happen unexpectedly and it can happen to anyone. It's okay to be surprised, it's okay to need some "me" time, but it's important to move forward and just as important to move forward as quickly as possible. After all, perhaps you had little or no control over the past, but you do control your future – so what or now what?

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