



CareerOne

The Gold Coast Bulletin

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Recover from redundancy

IN unstable economic times, the threat of redundancy is hitting closer to home for many employees.

CIQ Career Intelligence director Naomi Lawrence has some advice for those who, unfortunately, do lose their jobs.

"Career transition can be a difficult time emotionally and relationships may come under significant pressure," she said.

"Open communication with your partner and family will help to create an understanding and supportive home environment during your period of adjustment and career transition."

Ms Lawrence said more than 60 per cent of people found their next job after hearing about opportunities through friends, family and associates.

"While the urge may be strong to call them, we strongly recommend you resist making any

unnecessary calls over the first few days," she said.

"Losing your job may have been more traumatic than you realised.

"You may not phrase things as well as you would like to.

"You may think you sound positive, but even your best friends may detect a hint of something negative and get turned off from helping you in the next few weeks."

Ms Lawrence said many people instinctively wanted to send out their resume to as many advertised positions and people as they could.

"We strongly advise against this," she said.

"Research the role, the company and the industry and then customise your resume.

"Warming it up to be delivered through a contact will also increase your chances of an interview."



Redundancy can be an emotional and difficult time

Ms Lawrence said immediate anxiety often related to a person's particular financial situation and longer-term financial security of them and their family.

"Your financial concerns may include superannuation and taxation issues, managing your household expenses, investigating eligi-

ility for government support or seeking funds to start a small business," she said.

"Taking appropriate positive action can substantially reduce your level of concern about these issues and the first step is to seek access to independent, expert financial advice."

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