

Navigating Redundancy: Practical Tips for Moving Forward

Redundancy can be a challenging and emotional experience, but it's important to remember that it's not a reflection of your worth or abilities. Taking proactive steps can help you regain control and move forward with confidence



It's Not Personal: Redundancy is a business decision, not a reflection of your performance. Employers understand this, and future opportunities are still within reach.

Acknowledge Your Emotions: It's normal to feel shock, anger, sadness, or fear about what's next. Give yourself time to process these emotions—they will shift over time.

Reframe Your Perspective: Negative thinking can make the situation feel overwhelming. Try to focus on what's within your control and reframe this change as an opportunity for growth.

Financial Planning: Redundancy is a reality many professionals face. Having a financial contingency plan and understanding your entitlements can ease financial stress.

Consider Your Next Steps: Reflect on your career direction—what excites you? Update your resume and explore new opportunities that align with your skills and interests.

Tap Into Your Network: Let people know you're looking. Job leads can come from unexpected places, including friends, family, and former colleagues.

Stay Organised: Break down job searching into manageable steps. Create a career profile, sign up for job websites, and connect with recruitment agencies.

Set Achievable Goals: Small, realistic goals—like updating your CV within two weeks—can keep you motivated and on track.

Prioritise Your Wellbeing: Maintain self-care habits such as exercise, a balanced diet, socialising, and getting enough rest to support your mental and physical health.

Seek Support: If you're struggling, professional support can help. Many employers offer access to Employee Assistance Programs (EAP) for a few months after redundancy, providing free counselling and guidance.

To book an appointment with one of our counsellors, call or scan the QR Code



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