



RED SPOT COACHING
YOUR CAREER ON TRACK

Careers Newsletter

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Top 10 Ways to Cope with Job Transition



Job transitions can be stressful—whether they're due to furlough, a new job or working extra hours because others workers were laid off. If you're facing one, consider the following.

- 1. Take an honest look at yourself.** What are your strengths, weaknesses, skills? How did those influence—positively or negatively—your transition?
- 2. Step up your self-care.** Major changes are physically and emotionally taxing. You need self-care now more than ever.
- 3. Engage your curiosity.** What went wrong, or right? What could you have done better? What worked really well?
- 4. Focus on what you want,** and less on what you don't want. Keep your eye on the



prize.

5. Find support. Since your transition affects your family as well, it may be better to seek the outside support of friends or professionals.

6. Work on your thoughts. Calm your fears and reinforce your sense of hope and happiness.

7. Reassure (or avoid) those who are threatened by, or jealous of, the change.

8. Create your own rite of passage. Ceremony and ritual help with all transitions.

9. Let go of how things were “supposed to be” and accept “how things are.” Find appreciation for what is.

10. Keep things in perspective. Or try on a new perspective. Don't get stuck. Remember, the only constant is change.

Who's Recruiting?

Recruitment is limited at the moment for obvious reasons. However the coronavirus situation has given rise to specific short term opportunities, generally with organisations who will continue recruiting more generally. Most obviously this includes health care, the care sector, and supermarkets (who are bucking the retail trend).

Some useful links are

https://www.jobs.nhs.uk/xi/search_vacancy/

<https://icelandcareers.co.uk>

<https://www.aldirecruitment.co.uk/>

<https://www.tescopl.com/careers/>

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