

# CAREER TRANSITION TIPS

## Recently made redundant

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A job loss can be a difficult time and transition period for many people. With several thousand public servants already unemployed and possibly more to come, the question people are asking is “*What do I do next?*”

The immediate areas to focus on are to manage stress levels, maintain your health and stay connected with family and friends for support. Following on from this and depending on your career path, you will need to identify job opportunities. Just like the old cliché “When one door shuts, another one opens”!

It is easier to dwell upon negative possibilities rather than to look at all the positives and remain energised. You can remove the negative thoughts and the fear of the unknown to drive yourself into a brighter and better future.

## Getting Motivated

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Getting motivated and energised for job searching could be a straightforward path if you seek assistance from a career coach. A coach can help you explore the present, design your future and work with you to set and ultimately achieve career goals.

This may include revamping your resumé, providing application tips, interview coaching and being there to support you through this time of change. When you begin to assess your career goals and opportunities for meaningful employment, first write down those jobs that you are genuinely interested in.

## Ask yourself these questions

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Next, answer the following questions honestly and take your time to write down your answers:

- What are you passionate about?
- What are your top five strengths, skills and/or abilities?
- How do you need to plan and prepare for your next job?
- What are your job search strategies?
- What do you want from an organisation?
- Where do you want to be 12 months from now?
- How will you manage your career transition?
- How will it feel to be unemployed?

## Seek the help of a coach

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Coaching is about changing your future and will take you on an amazing journey down a new and exciting path. Through career coaching you will gain enthusiasm, increase your self confidence, gain clarity and perspective. Indeed, career coaching focuses on aligning your passion, skills and values with your work.

Having been through two redundancies and a career change, I can understand and relate with many individuals experiencing this situation. However, I would encourage you to take your first step towards a new life, look at your options, be open to new possibilities and make the most of this significant opportunity.

Be sure that you talk to your family and friends, stay focused, make a list of things to do for your next job and if possible seek assistance from a career coach.

**If you would like more information, please contact Julie at [julie@lifepathcoach.com.au](mailto:julie@lifepathcoach.com.au)**

