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## Communicate

### WHEN YOU'RE NOT WANTED ANYMORE – A REDUNDANCY STORY

**Redundancy scares us. Feelings that emerge from redundancy are wide ranging: displacement, fear and financial worries are common. This is because we are not always comfortable with change. I know, because redundancy knocked my self-esteem about.**

How do you get through a redundancy and try to stay upbeat? On a personal level, I believe it is critical to deal with any negative feelings you have; if you do not then the negativity will fester. The day I was informed about my redundancy – nothing personal – they might as well have said, “You are just not good enough”, because that is all I heard. I started to feel inferior in some way. I found myself applying for jobs with a lack of confidence; I thought, believed, that I was not good enough. If you need to express your feelings then cry or scream if you must, (but perhaps not in your local supermarket!) Most of all: do not hide or bottle up the feelings redundancy can bring.

The biggest help for me was being able to talk and share my feelings with my friends and family. In turn they listened and offered me words of encouragement and wisdom. Trusted and loving family and friends have your interests at heart. Whatever you plan to do with your life, post-redundancy – whether it is finding a new job, setting up your dream business or just taking time out – you must try to move forward with a positive sense of who you are.

Although I didn't realise it at the time, redundancy did me a favour. I realised I had traded too much of my family's time over the years in this job, which was something they did not deserve. My job was controlling me and until I lost it, I did not see it

#### **So here are some thoughts on getting through redundancy:**

- When negative thoughts start popping up, lighten your load by sending them on their way promptly.
- Use every opportunity you have to remind yourself of your good and positive characteristics and keep them with you at all times.
- Use your time productively.
- Strengthen, or rebuild, relationships with family and friends.
- Redundancy is a hurdle – leaping over the experience can bring about new and better challenges.
- There is always the sense of urgency when a job is lost through redundancy. Redundancy seems to place us in 'hurry' mode. When you are feeling pressured in this way you might not give your best. Slow things down a notch so you can move forward, giving it your best.
- Be open and transparent with your communication – put your cards on the table and share your story in a way that shows you have come out the other side a “better you”.
- Most of all during times of redundancy keep a tighter grip on your self-esteem. Remember: it is not personal.