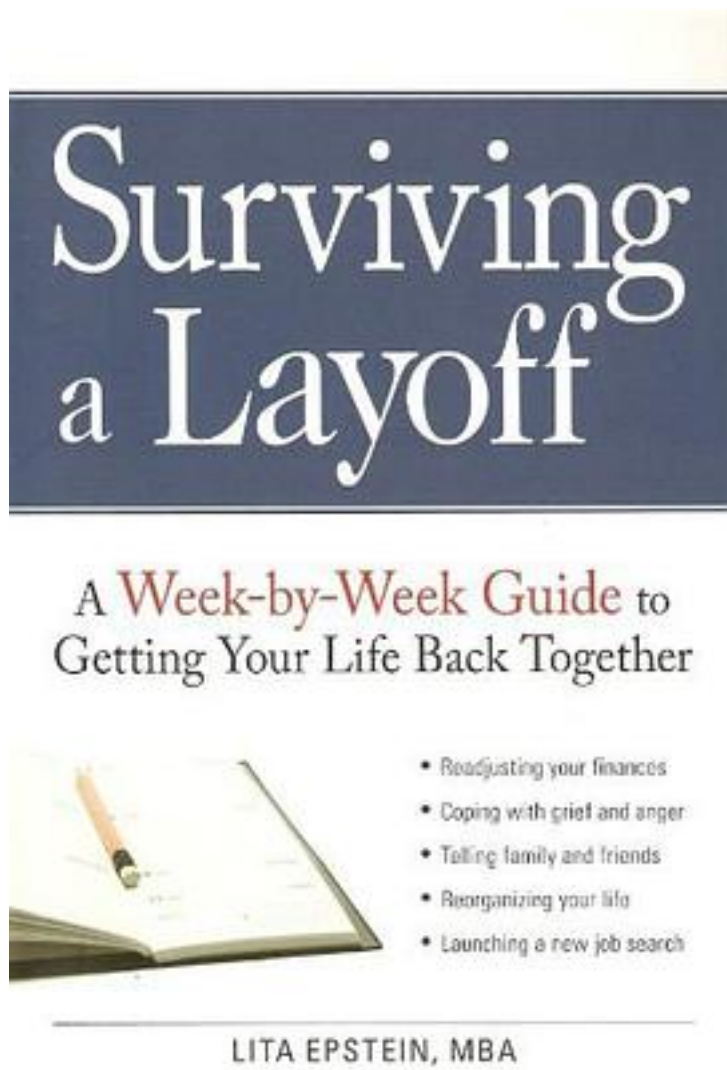


Surviving a Layoff



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Being laid off is a traumatic event. Downsized workers must face decisions about reorganising their lives and their finances, while grappling with the emotional grief of losing a job. "Surviving a Layoff" is a practical guide to dealing with the tough questions a layoff poses. Using a week-to-week timeline, this book offers advice on such topics as: coping with grief and anger after a downsizing; reorganising life after a layoff; how to launch a job search; balancing the job search with family and personal time; and, explaining a layoff to family and friends. This book will show readers how to reorganise schedules, set financial and organisational priorities, and go for their next job with confidence and enthusiasm.

作者介绍:

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