

Top five tips for executives who have recently been made redundant.

- *Stay positive.* Remember that everything passes in time and that you will find a way out of your current situation.
- *Don't suffer in silence;* talk to family, friends, former colleagues. Many people are in the same position, and support – both practical and moral, can really help. Consider taking some advice from a dispassionate professional advisor – who can help you to see options you might not even consider yourself.
- *Don't knee-jerk.* Yes, you have to pick yourself up and get out there again, but do take a little bit of time to come to terms with the situation, and to think about what to do next. Seriously consider if this might actually be a positive turning point in your life – a way to change direction, change industries, perhaps move. Not only for you, but for your family.
- *Keep organised.* Don't allow yourself to fall into “leisure mode”. Finding a new job is a job in itself – you need to approach it that way. Get up at your normal time, make and keep appointments, use spare time for positive things such as learning something you never had time to look at before.
- *Look after yourself,* keep things in balance. Eat well, take reasonable exercise, get fresh air, don't abandon simple leisure activities. You will feel more positive, it will help you keep perspective, and a healthy body leads to a healthy and clear mind - which you will need..