



Not let a pink slip leave you depressed



"I'M SORRY, BUT WE'RE GOING TO HAVE TO LET you go." No matter what the circumstances, it's one phrase any employee dreads hearing. Even if lay-offs are becoming increasingly common in an age of economic downturns, M&As and the like. But stressful as it is, the trick is to survive with dignity and move on as quickly as possible, says Sreeradha D Basu.

1 Keep your chin up

As heart-breaking as it is to be laid off, don't let it get to you. People tend to lose their confidence and wallow in negativity and this is something that should be avoided, says Ronesh Puri, MD of headhunting firm Executive Access. "Success and failure are a part of life. Maintain your composure and try and maintain a positive outlook. Otherwise you tend to cancel yourself out. Prospective employers are wary of getting a negative person on board," he says.

2 Talk it out

Discuss the situation with your partner and other family members. Review your financial situation, your savings, household expenses and the monthly payments which could include EMIs, tuition fees and so on. Some cutbacks or lifestyle adjustments may need to be made. "It helped a lot that my wife was working," says A Makhija, who was laid off from his job at an IT company. "Still, we decided to do away with unnecessary expenses. We also decided to postpone our fifth anniversary celebrations though we could have afforded it by dipping into our savings."

3 Do some introspection

It's important to get some learning out of the entire experience, unpleasant though it may be. Introspect and do some mid-career correction. "Do not rush into the first job which falls into your lap," says Puri. "Take a mature look at the future. Strategise and decide what job will best leverage your strengths. Always have a forward-looking attitude."

4 Make the most of the situation

Look at the situation as an opportunity and try and make the most of it. If there's something you always wanted to do, but never got the time, this could be your chance. Be it pursuing an educational course, learning new skills or even starting a business, this could be the opening. You never know, it could turn out to be a blessing in disguise. Says Dabur India HR head A Sudhakar: "During the layout there were several people who lost their jobs who opted for executive MBA programmes, key development courses and the like. Now that the economy is back on track, they are finding themselves in advantageous positions."

5 Network, network, network

If you haven't been keeping in touch with your network, now is the time to do so. Let it be known that you are now open to good opportunities and send out your resume to those in your sector.