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Having a job is an essential part of a person's development, and finding yourself unemployed triggers a process of personal and social adjustment. According to a Swedish study, people see work as the basis

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Losing Your Job & Finding Yourself is a rare gift for professionals who want to figure out what's next in their careers. When job loss and turbulence come with feeling like there's nowhere to go, Nancy's honest and insightful memoir is a beacon for possibility, and a roadmap for how to get to that job that means so much.

~~Losing Your Job & Finding Yourself: — WordsPerfected~~

The stress of losing a job Whether you've been laid off, downsized, forced to take early retirement, or seen contract work dry up, losing your employment is one of life's most stressful experiences.

~~Job Loss and Unemployment Stress — HelpGuide.org~~

If you lose your job part way through the tax year (which runs from April to April) you might be able to claim a tax refund from HM Revenue & Customs. It's worth checking to find out if you're eligible. Read our guide on Claiming a tax rebate after losing your job.

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According to Dr. Paulette Gabriel, President of Key Leadership, "Losing Your Job & Finding Yourself is a rare gift for professionals who want to figure out what's next in their careers. When job loss and turbulence comes with feeling like there's nowhere to go, Nancy's honest and insightful memoir is a beacon for possibility, and a roadmap for how to get to that job that means so much."

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Having a job is an essential part of a person's development, and finding yourself unemployed triggers a process of personal and social adjustment. According to a Swedish study, people see work as the basis for belonging. Losing a job affects their social lives and because of financial changes, their spending habits.

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Treat finding a job as a job. If you feel the need, and can afford to do it, give yourself a break for a few days or week or two. But assuming you can't afford a year sailing the world on the Queen...

~~Bouncing Back from Job Loss: The 7 Habits of Highly ...~~

A cross the country, out of-favour MPs such as Vince Cable and Ed Balls have lost their seats in the 2015 general election. If you, like them, have suddenly found yourself out of work, there's only...

~~Five ways to deal with losing your job | Guardian Careers ...~~

When you lose your job, you must figure out how to provide for yourself and your family until you find a new one. Unemployment insurance can help you make ends meet for a little while, but you must meet certain criteria to qualify for it.

~~How to Cope With Losing Your Job and How to Move On~~

Losing Your Job, Finding Yourself A Discussion & Resource Sharing Session for Industry Professionals who are Furloughed or Out of Work Join your peers for an open and honest conversation about the struggles many of us are facing today, including: -Dealing with being furloughed or laid-off-Having to totally transform your current business models

~~Chapter Chat: Losing Your Job, Finding Yourself~~

See the difference between reality and illusion (reality is you lost your job, illusion is you'll never find another job.) Take a moment to go inside yourself, get silent and listen to your...

~~10 Things People Won't Tell You When You Lose Your Job~~

There's no question that losing your job can be a jolting experience, but what if that jolt could be a positive experience?

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The first step to finding yourself is to figure out who you are now by writing down how you got here. Your true self will be much different

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from who you were when you were lost. The way you feel when you find yourself will become a foundation that you can pull from to avoid feeling lost again.

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