



Career Armor:

Get Over It. Get Tough.
Get Back on Track.

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Take the wrong job? Passed over for a promotion? Handed a pink slip? You're not alone! Here's how to turn a career setback into a lesson learned – and get ahead in your field.

In this eBook, you'll learn:

- How to keep a healthy mindset through any career setback
- Tips for learning from job loss
- What to do when your “dream job” falls short
- Ways to lose a promotion with grace – and land the next one
- How to recover from a big mistake
- Who can help you get your career back on track

Fired? You're Not Alone!

If you've been handed a pink slip, take heart – you're not alone, and you're certainly not a failure. Many people lose at least one job before finding the one that suits them best.

In fact, you may have heard of some of them:

- **Steve Jobs:** The Apple founder was fired in 1985 – from Apple. Undaunted, he went on to found both NeXT and Pixar Animation Studios. Ten years later, Apple was happy to have him back.
- **Walt Disney:** Lost his job with the Kansas City Star in 1919. The reason? He “lacked imagination” and “had no good ideas,” according to his editor. (Whoops!) Disney also ran his first animation company into the ground before heading for Hollywood.
- **J.K. Rowling:** Got the pink slip from her secretarial job because she spent her work hours sketching out story ideas for – you guessed it – the Harry Potter series.
- **Michael Bloomberg:** Let go in 1998 when his employer, Salomon Brothers, was bought out by Citigroup. Bloomberg was once mayor of New York and is the country's 18th richest person.

Healthy Mindset, Healthy Career

Whether you've been fired, found a dream job to be a major disappointment, or lost a promotion, bouncing back takes the same set of skills and attitudes:

Focus on what you do well. It's easy to look at the negative when you're disappointed. Fight the urge. Instead, list your accomplishments.

Learn. If you've made a mistake, set it aside for a week while you focus on what you do well. Then, come back to it. Study criticism objectively and make changes that work for you.

Treat each opportunity as a new one. Each job posting, project assignment, or leadership opportunity isn't a referendum on what you've done badly – it's a chance to reinvent yourself as a major success.

How to Lose a Job Well

Nobody likes being fired. But what you do after the pink slip arrives is what matters:

Talk to those who have been there. A friend or colleague who has been fired can provide valuable insight on what to do next – as can many now-famous professionals. *Vogue* editor Anna Wintour lasted just nine months on her first job as a photographer. Today, she tells fashion students that they “should be fired at least once.”

Accept, don't break. Accepting your job loss doesn't mean despairing – it means saying, “Okay, that happened. Now what?” The “now what” is your opportunity to learn, make changes, and move forward.

Know what you *don't* want. Chances are good that your last job had elements you'd prefer not to repeat: tedious work, poor workflow, a bad boss. List these so you can avoid them in your next position – and lower your risk of future disappointments.

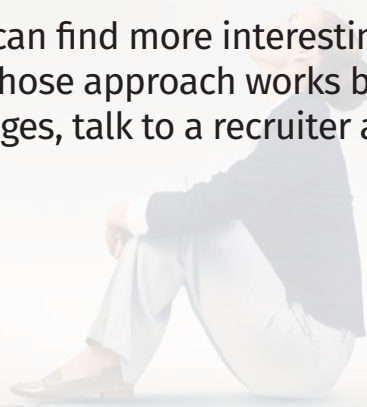
When Your “Dream Job” ... Isn’t

Many professionals face it eventually: The job you thought would be perfect for you turns out to be less-than-ideal. What to do?

Ask why. What’s not living up to your expectations? List the reasons the dream job isn’t so great after all.

Expand your happy. No one thing will guarantee happiness. If work isn’t fulfilling right now, find a new hobby, volunteer, or connect with old friends to give your mood a boost.

Pursue your dreams. Maybe you can find more interesting projects within your current job or switch to a team with a boss whose approach works better for you. If your current job simply won’t allow for these changes, talk to a recruiter and start scouring job ads for the work you *do* want.



Losing (and Landing) a Big Promotion

Being passed over for a promotion is a double whammy. You're doing the same work you have been, plus you feel as if the company simply doesn't care about your commitment to the job. Here's how to put those feelings aside and forge ahead:

Talk to your supervisor. Ask why you were passed over. Get specific feedback on how you can prevent it from happening again.

Be proactive. Keep doing the same great work – but this time, ask for more responsibility and involvement. Volunteer to lead projects, take overtime, and attend meetings even when you're not required to do so.

Consider a change. If you've been passed over more than once, it might be time to change teams, departments, or employers.

Turning a Mistake Into a Re-Take

You missed a deadline, made a major gaffe with a client, or blew a big presentation. While mistakes can be humiliating, they don't have to end your career. Here's how to turn things around:

Own up, don't cover up. Fixing a mistake when you can is a great idea – but attempting to shove it under the rug will only cost you. Admit you messed up, don't make excuses, and don't try to blame anyone else.

Make a plan. Tell your boss what you learned from the mistake. Offer a plan for avoiding the problem next time. This proactive approach demonstrates that you want to learn.

Ask two questions: “How can I make this right?” and “What can I do to minimize the damage?” Your boss can give you advice; when you follow through, you show that you're committed to fixing the problem.

Derailed Career? Here's Help!



Whether you're in the unemployment line or simply looking for a better-fitting career path, a staffing firm can help. A 2014 survey by the American Staffing Association (ASA) found that:

- **99 percent** of staffing employees who want to land a long-term job do so.
- **49 percent** of staffing employees find that temp or contract work provides a great bridge to a permanent job.
- **57 percent** use temp or contract work to build experience and skills needed to transition into better work.
- **76 percent** of staffing employees work full time. Many of those who work part time do so by choice – to care for family or pursue their own projects.
- **90 percent** are satisfied with their staffing agency and gain benefits from their connection to their staffing partner.

Recover faster with a recruiter by your side. Call your staffing firm today!