

# BOUNCE BACK:

## THE ESSENTIAL 7 STEP POST-LAYOFF PLAN FOR EXECUTIVES



1

### ASSESS AND REFLECT

Pause and reflect on your situation to process emotions and make rational decisions. Ask yourself: Why did this happen? What are my career goals? What are my strengths and areas for improvement?

2

### UPDATE YOUR EXECUTIVE RESUME AND LINKEDIN PROFILE

Tailor your resume & LinkedIn profile to reflect executive experience and industry expertise, focusing on leadership qualities, impact-driven results, and industry keywords.



3

### NETWORK STRATEGICALLY

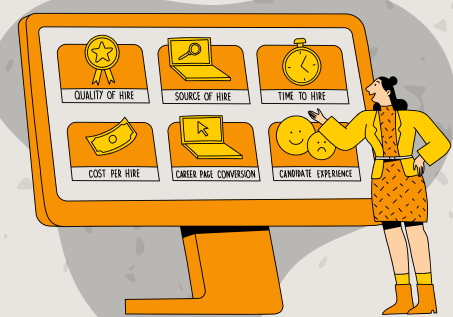
Reconnect with your professional network and expand it by attending industry events, conferences, webinars, and joining professional associations.



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### LEVERAGE SUPPORT SYSTEMS

Utilize outplacement services, career coaches, executive search firms, and headhunters to get help with resume writing, job search strategies, and networking support.



### ENHANCE YOUR SKILLS AND KNOWLEDGE

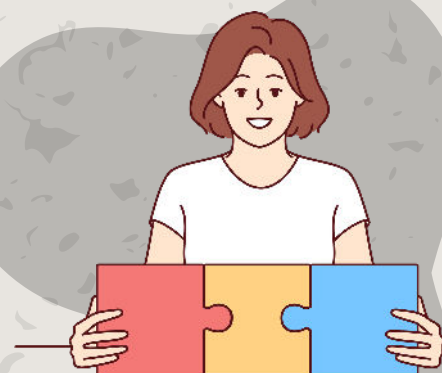
Identify gaps in your skills or knowledge and enhance them through courses, certifications, or executive education programs to remain competitive and demonstrate commitment to lifelong learning.

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### CONSIDER ALTERNATIVE CAREER PATHS

Explore transferable skills and different industries, consider roles like consulting, interim executive roles, board memberships, and even entrepreneurship as potential career paths.



### PREPARE FOR INTERVIEWS AND SALARY NEGOTIATIONS

Develop a compelling narrative about your layoff and career aspirations. Practice answering common interview questions with confidence and honesty.

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