







## How to Survive a Layoff (with 10 Tips for Thriving)aa

There's really no sugarcoating it: Losing a job stinks. And unfortunately, it happens to millions of Americans every year at every level of employment – from hourly earners to the C-suite.

It happened to me and my husband 12 years ago. We worked for the same company for almost two decades, and maybe we should have seen it coming. We didn't. I share that only to say I know what it feels like to lose a job unexpectedly, and I'm here to tell you it doesn't have to be the end of the world. (It might just feel that way for a while.)

So once you have given yourself permission to feel upset, hurt, and maybe even a little scared, it's time to start working on a plan for what comes next. The good news? There are steps you can take right now to help yourself (or someone you know) survive a layoff (and even thrive)!



### 1. Kickstart Your Job Search

