

THE SEESHELL GUIDE TO

LETTING GO AFTER YOU'VE BEEN LET GO...

**FIND YOUR NEW PATH, REFRAME YOUR STORY,
REALIGN YOUR THOUGHTS, AND FIND YOUR BEST CAREER.**

Job loss, dismissal, downsizing - whatever you want to call it - is shrouded in shame, confusion, identity crisis, anger, and grief. It's one of the big three that most affect people's lives, along with divorce and death of a loved one. Emotional trauma, physical reactions, stress on relationships, pressure on life, depression. It occupies a dark corner that no wants to go near. It's a topic no one wants to talk about.

LET'S CHANGE THAT.



SEESHELL
CONSULTING

YOU ARE NOT ALONE. If you thought you were before, I want you to know you're not. Most people who lose their job do so through no fault of their own. And the numbers are large.

THERE IS A LIGHT AT THE END OF THE TUNNEL - the light just may not have reached you yet. Through the conversations I've had with folks who went through job loss like me, virtually all of them landed a better job and situation. Although it may not feel like it now, this could be the best thing to happen to you and your career.

ACKNOWLEDGE YOUR EMOTIONS, whatever they are, process them and move on and focus on the future.

SHARE YOUR STORY WITH EVERYONE - family, friends, former colleagues, even strangers! Don't keep it bottled up and suffer in silence. It helps to talk about it (and can be therapeutic!) and opportunities may come from sharing.

GET YOUR FINANCES IN CHECK and create a budget, especially if you didn't get a good severance package.

CONSULT WITH A LAWYER to ensure you are being treated fairly in the eyes of the law and get the severance package you deserve.

CONNECT WITH YOUR PROFESSIONAL NETWORK - if you don't have a network, connect with family and friends. They care about you and want to help. Again, it helps to talk about how you're feeling, are being affected and to express your desire for new opportunities. If you don't have a professional network, build one, starting today. There are groups and sector organizations that meet regularly, and they are an easy and safe place to start. It may sound daunting if you've never networked before but there are lots of online resources available to help.

ASSESS YOUR EDUCATION, SKILLS, ATTRIBUTES, AND SET GOALS

to enhance your personal and professional development. Take courses, read books, become more knowledgeable in something that will help you on your next steps.

KEEP A ROUTINE. Get up everyday like you did before, get dressed, create some tasks that you do regularly to keep yourself occupied, engaged, and connected to your community.

IF YOU DON'T ALREADY, CONSIDER VOLUNTEERING. This was a great help to me in building my network. Plus, it feels good to help others and help you appreciate your own situation. Don't give till it hurts - give till it feels good.

SEEK PROFESSIONAL HELP IF YOU'RE OVERWHELMED. So important. If you don't have access to a therapist, use a free service like the counselling being offered by the Canadian government during Covid-19.

MEDITATE AND EXERCISE. It clears the mind and is a proven remedy to lift you up when you're feeling down.

READ POSITIVE AND AFFIRMATIONAL ARTICLES AND BOOKS.

Watch empowering videos (Brene Brown's Shame, Vulnerability, and any of her many podcasts can help you reframe and gain perspective).

Take this break as an opportunity to evaluate where you were and where you want to go.

Did you have the best job for you? Did it fulfill you? If not, what do you want to do and how do you get there? I am here to help you find your path to your journey ahead.

Shelley

Shelley Langille



I am an empowering coach, connector, and communicator who's passionate about helping people excel and realize their potential, inspiring organizations to create a supportive learning and employment environment and building collaborative relationships. I build partnerships and link like-minded people and institutions.

I'm the founder and president of SeeShell Consulting and the International Coach Coalition (launching in November 2021). SeeShell Consulting provides empowering career and executive coaching as well as consulting services in the areas of business development, leadership, and change management to individuals and organizations, with a focus on national and regional public safety uniform sectors.

I'm a Certified Executive Coach (CEC) through Royal Roads University (RRU) with twenty years of career coaching experience, a member of the International Coach Federation (ICF) and am currently pursuing my Associate Certified Coach (ACC) designation from the ICF.

My coaching focus includes working with military, fire, police and public safety leaders in their career advancement and transition goals; helping people let go after being let go to find closure and new opportunities after losing their job; and coaching organizations on how to treat staff as well on the way out as they do on the way in, and the employment space in between.

In addition to exceptional skills and experience, I possess personal leadership characteristics such as emotional intelligence, mindfulness, an attitude of gratitude and positivity, creativity, resiliency, flexibility, perseverance, tenacity, and the art of persuasion and influence.

What can I do to help you excel? How can you make certain your company models a culture that aligns with your brand and ensure your staff and organization thrive?

I can help you find your answers.



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Shifting your mindset to uncover opportunities and move forward with purpose and confidence.