

# New Roads

## Moving Forward After a Layoff

After a layoff, it may take some time to determine your next steps. Here are some things to consider:

- ▶ Let everyone know that you are searching for a job. Use social media and professional websites to network. Attend job fairs and set up informational interviews.
- ▶ Visit job search and career-oriented websites, such as [careerbuilder.com](http://careerbuilder.com), [monster.com](http://monster.com), [careerlab.com](http://careerlab.com), [jobcentral.com](http://jobcentral.com), and [linkedin.com](http://linkedin.com). If you are interested in working for a specific company, visit its website and look for job openings in your field.
- ▶ Read books about job searches, networking, and personal growth.
- ▶ Update your resume. Consider having it reviewed professionally.
- ▶ Meet with a career counselor or life coach for guidance.
- ▶ Visit your local unemployment office and sign up for unemployment compensation.
- ▶ Treat looking for work as a job. Prioritize your time and focus on maximizing your opportunities.
- ▶ Explore. Use this time to consider if a change in career or specialty would be the right move.



### LifeMatters Resources

- ▶ Phone, online, or face-to-face counseling for you or your family members.
- ▶ Financial consultation to help with budgeting, bill consolidation, debt management, and any other financial issue.
- ▶ Legal consultation that can provide you with the name of a local attorney for a free initial consultation on any personal legal issue. (Excludes personal business or employment law.)
- ▶ Access to self-assessments, articles, webinars, and links to helpful resources at [mylifematters.com](http://mylifematters.com). Use the company code USS1.
- ▶ Resources and information on returning to school.

LifeMatters is available to provide expert assistance with moving forward after a layoff. Call anytime.

Call **LifeMatters®** toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

TDD and language translation services are available

Visit **LifeMatters®** online at [mylifematters.com](http://mylifematters.com) (password: USS1)

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