

CASE STUDY - redundancy shatters self-esteem



Jim* had been made redundant several months before coming to see me. He had been confident that he would be able to get another job quickly but had not managed to find new employment and was beginning to worry about his financial situation, particularly as he had a young family to support.

Jim told me that his confidence was 'shot to hell' and he had had enough rejections to last a lifetime. He was struggling to keep his motivation for job seeking, seemed to have lost his drive and ambition and was finding it hard to stay focused. He was even beginning to question whether he would be capable of leading and managing a new team, even if he did find another job.

His experience reminded me of a friend, Eileen, whose son had been struggling to find work for several months. It had got to the stage where Eileen actually intercepted and opened his mail each morning; if there were any letters saying he had been unsuccessful at interview, she destroyed them, because she thought it was better for him to hear nothing than to read yet another rejection.

If one does not know to which port one is sailing, no wind is favorable (Seneca)

For most people, being able to work and support yourself and your family is a key aspect of self-esteem. Losing your job can be a major blow to your confidence and self-worth and a series of unsuccessful interviews can have a devastating effect that crosses over into other aspects of your life.

Jim had lost touch with the goals he'd had for his career and for his family life so our first task was to reconnect with what he wanted to achieve. He talked about the type of job he was looking for and also about his ambition to return to university and study for a Masters degree. We worked together to build a compelling mental representation of how it would be – a vision that would be strong enough to give him a renewed sense of purpose.

Once Jim had regained some direction, we started working on his confidence, helping him to learn special techniques to maintain a positive and resourceful state. We also used visualisation techniques to prepare and improve his performance for future interviews. These tools and techniques are simple to learn and, at the same time, extremely powerful. Not long afterwards I received an email.



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*Purpose is the engine
that powers our lives.
(Denis Waitley)*

'At last I have landed a new job, heading up a team of 40 people. I have also been offered a place on an MBA course at university. The work we did has helped both in my job search and in my personal life. The last 3 months have been very difficult as I'm sure you can imagine. I know I would have struggled to cope without your help. Thanks for all your support.'