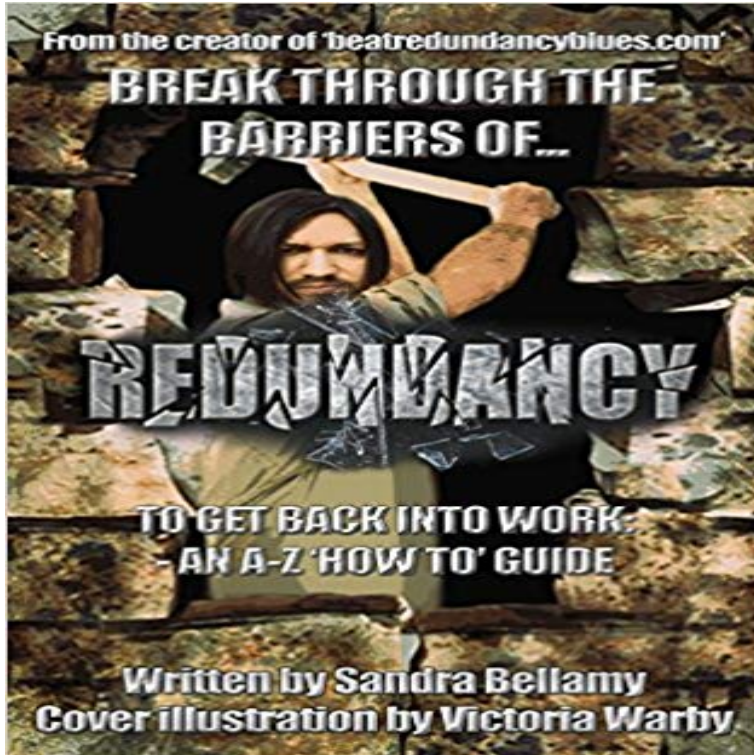


BREAK THROUGH THE BARRIERS OF REDUNDANCY TO GET BACK INTO WORK -AN A-Z HOW TO GUIDE



Written by Award Winning Beat Redundancy Blues founder Sandra Bellamy, whose management background involved all aspects of recruitment, and who herself, has experienced redundancy twice! Has packed everything she has learnt about how to get back into work, into this practical and user-friendly A-Z guide. With experience of both sides of the fence; being made redundant and attending interviews; placing jobs ads, sifting through applications, interviewing and recruiting, you can be sure you are getting the best advice from someone who has been there and done it! Break Through The Barriers Of Redundancy To Get Back Into Work - An A-Z How To Guide is a complete A-Z system for getting back into work. This book uniquely covers twenty-six aspects of redundancy and provides eighty benefits. Its a system because each of the chapters is broken down into 5 components of redundancy. You need to master all components in order to give you the best chance of success at getting back into work. Because this book takes a holistic view of redundancy, it will revolutionise the way you think about redundancy, job-seeking and life in general. One of the key components to master first of all is wellbeing skills, before exploring what options are available to you and learning the practical job skills. Although wellbeing skills are interwoven throughout the book, because what we feel and think about on the inside (our internal environment), reflects on what actions we take to change our outer environment. This book is different because it does not just focus on one element of redundancy, but on the many barriers you need to conquer if you are to successfully get back into work. In this book, Sandra shows you how to deal with the inner trauma and turmoil of being made redundant such as grief and depression; before focusing on the practical

elements such as job-hunting, CV and cover letter writing; and dealing with tough interview questions, so you can make an informed choice about which future path you should take. By reading this book you will learn how to: Beat redundancy blues before applying for jobs Love yourself to overcome almost any obstacle Discover what makes you happy and act on it Seize redundancy as an opportunity Job-hunt and network effectively Recognise your transferable skills and relate them to other jobs Write an attention-grabbing CV and outstanding cover letters Tackle interviews in 3 simple steps Answer tough interview questions Market yourself effectively in 5 easy steps Understand self-employment and work out if it could be right for you Achieve your dream job And so much more This unique guide by Sandra Bellamy, Founder of business award-winning beatredundancyblues.com and beatredundancyblues.co.uk, is the ideal companion for any redundant worker or jobseeker.

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