What To Do After Being FIRED

Job Applications, Interviewing, References, and Unemployment Benefits

LYNN DESSERT

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The Career Breakthrough Series

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ABOUT THE AUTHOR

Lynn Dessert

A behavioral-based Executive, Team, and Career Coach based in Rochester, N.Y., Lynn is the founder of Leadership Breakthrough, Inc. and works with individuals and organizations to develop their personal effectiveness skills—a cornerstone to career advancement.

The behavioral approach is grounded in many of the assessments Lynn uses to provide clients with information about how their thinking styles influence their communication and actions.

Her professional experience includes line and human resources roles in leadership and executive capacities predominately with Fortune 500 companies. Lynn attended Wright State University and Miami University graduating with degrees in Social Work and MBA respectively.

As a corporate career climbing gypsy, Lynn's experiences prepared her to become an entrepreneur in 2001. As a published author, Lynn continues to build online communities with her blog: Elephants at Work.

YOU JUST GOT FIRED!

No one likes to think getting fired will happen to them; however, the chances are you will be terminated more than once during your career. The reality is: employment security is long gone.

It does not matter why you were fired. Whether business was slow or because you did something wrong, being fired hurts—emotionally, financially, socially, and physically. The tips in this eBook will help you gain more confidence to better present yourself to future employers and recruiters. Links to outside references and resources are also provided.

The topics we'll cover include:

- Determining why you were let go.
- Unemployment eligibility.
- Job references: what will your ex-employer say about you?
- Other references to use.
- Filling out a job application.
- What to say in a job interview.
- What to tell your friends and family.
- Getting companies or recruiters to take you seriously.

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