

# Are You Experiencing a Career Crisis?

## *Dixie Bennett*

With another downturn in our local economy, many businesses are laying off employees, often putting women in an unexpected predicament. If you are either let go or retained, what does this mean for your career and what should you do next?

Personally I've been on both sides of the fence in my corporate career, and I see both options as opportunity. However, it's hard to see the silver lining when you are in the chaos of it all.

There are many common feelings that both employed and unemployed women are experiencing such as fear of the unknown, instability, insecurity and often depression. The unfortunate truth is, for those left behind, 'survivor's guilt' runs rampant. There is heaviness in the office, fear running deep, gossip and rumors spreading, the constant looking over your shoulder wondering if there will be more lay-offs to come – and will you be next...

There are so many empty offices, leaving an eerie feeling. Stress levels soar because of increased workloads. You feel overwhelmed – work performance and pride decrease; competitive, negative and destructive behaviors increase. Perhaps your health is deteriorating as you are being tossed about in the chaotic waves of uncertainty. Your energy is flat-lined at the end of the day, and you are wondering how any of this really benefits you and your career in being retained?

What if you could turn this experience around and shift your attitude into an opportunity to flourish, feeling empowered, supported, safe and 'career secure'?

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I've had the opportunity to guide many corporate women through these uncertain times, with great success. For those of my clients who have received a severance package, they see an opportunity and decide it's time to ignite their inner spark again and discover their innermost passion. I've been able to help them move in a new direction with confidence, and discover opportunities that were hidden or never dreamed of. Others I've assisted to help them step into a meaningful well-deserved leadership role with more money, and start using their feminine leadership skills with grace and confidence. Some of my clients overcame their fears – with guidance – and left a dead-end job that was wreaking havoc on their health, to pursue opportunities that are more in alignment with their greater purpose.

Even though these times of turmoil seem dark and gloomy, the good news is there is abundant opportunity everywhere. If you change your thoughts and focus, you can change your outcome. Sometimes you just need a little assistance in gaining a new perspective for yourself.



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