

Navigating Job Loss in Conversation: Holiday Edition

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The Holidays are coming up, and for many of us, this means getting out and socializing more. Whether with family, friends, or co-workers, we're seeing some people we haven't interacted with in a while. And while it's natural to want to catch up, sometimes topics come up quickly that we don't feel prepared to talk about just yet. Job loss can be one of those topics.

It's both totally OK and important to set boundaries and evaluate who you share what with, especially if you've recently made a career change. Changes like job loss are especially personal and everyone has their own level of comfort when it comes to discussing it.

If the topic of job loss does find its way into your conversation, it can be difficult to navigate. You don't want to offend anyone, but you also don't want to set aside whatever is upholding your best interests just for a casual chat. You want to feel confident and secure that whatever holiday chatter comes your way you can manage it.

Ways to Handle Difficult Topics in Conversation (Like Job Loss)

- **Own it.** Sometimes we don't want to address a negative situation or risk being the subject of judgement, but we can take back the power by owning whatever adversity has taken up our headspace now. **"Yes, I am exploring new work opportunities during this time, it's had it's challenges, but I am confident I will find the best opportunity for me soon!"**
- **Make it positive.** Although it can be a scary and stressful time, remembering the silver linings is the way to go. **"As I transition into job search mode, I also have been able to spend time with my loved ones and/or start a new hobby."**
- **Be open to feedback as you see fit.** **"Yes, I am actually looking for a new role that uses _____skills, do you have any ideas of companies I can research?"**
- **Set a boundary.** **"I appreciate your concern; I am confident I am doing all I can to secure a position in_____."**
- **Have courage.** We are a world that rewards courageous endeavors so don't be afraid to ask for help or reach out and shoot your shot with that company, person, opportunity, etc.

You've got this, Happy Holidays!