Reframing
Suggested Time: 30 minutes

Language is at the heart of reframing. Instead of talking about job loss, turn the conversation to "career change." See the difference?

One way to reframe your situation is to think about where you'll be going next in your career. In a job interview, the way you describe the turns your career has taken make a big impression.

If an interviewer asks you, "Why were you laid off?" your response might be, "The company was forced to consolidate resources as part of a larger strategic plan. My goal now is …"

Imagine the questions you may be asked in interviews, and think about how you can recast the situation in a more positive light – while maintaining honesty, of course.

Practice this skill regularly. Anytime you encounter a challenge, try to reframe it as an opportunity.

How would you consider reframing your situation?

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