

Hints and Tips: Job seeking after redundancy

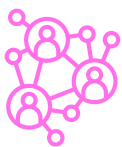
THINK Recruitment

Job seeking is challenging at the best of times, but following the stress of redundancy it can be even tougher. Change, particularly change that is done to us rather than change we have invited, can make us question our skills and abilities, impacting confidence and in turn, the resilience job seeking so often requires.

Hints and tips



Revise your CV - THINK Recruitment are happy to review CVs and offer advice to candidates on our job seekers database.



Stay connected - If you aren't someone who naturally networks, then at the first whiff of redundancy, get networking. Re-engaging with sector connections on LinkedIn, following causes that you want to work for on social media and generally being digitally 'present' can help you keep your finger on the pulse, and be in people's minds when it comes to recruitment.



Consider how you will speak about your redundancy - Practise how you will talk about your redundancy in interviews. Be honest and open, to pre-emptively address any performance concerns the panel may have.



Positive thoughts bring a positive outcome - Above all, stay positive and stay focused. Lean on the sector for support.

Useful Resources

➔ Job hunting can be even more challenging if you have money concerns as a result of redundancy too. [Money Saving Expert](#) has lots of guidance on managing finances through redundancy.

➔ Get prepping for your next interview. Interviewing is a skill we rarely get to practise, and when confidence is low it can be even harder. Many organisations have fab interview guidance available online, and THINK Recruitment is also on hand to support with interview tips and techniques
[National Careers Service](#) (England)
[Skills Development Scotland](#) (Scotland)

➔ Amazing If, champions of the 'Squiggly Career' have lots of fab redundancy resources: [Redundancy Reset Toolkit](#)
[Compilation of things to read, watch and listen to](#)

➔ An oldie but still very much relevant - this comprehensive article called ['Don't Panic'](#) by [The Guardian](#) has some useful guidance.

➔ Pregnant and Screwed has [specific advice](#) relating to redundancy and pregnancy

27% of UK
organisations are
expecting to make
redundancies in
2025

Data from CIPD Labour Market Outlook –
Winter 2024/25



Taking stock

Redundancy can present the opportunity to review your career, what you want from it and consider your next step.

Personal situation permitting, redundancy could provide a chance for a change in focus, or the chance to do something different such as taking on interim contracts.

THINK Recruitment are here to help. Get in touch for support and to join our candidate database: recruitment@thinkcs.org