



# Career Setback?

SIX PRINCIPLES FOR COPING  
WHEN THINGS DON'T  
GO AS PLANNED



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# 1. Acknowledge the hurt.

Don't let anyone tell you work is not personal. If you care, it's personal.

Give yourself time to process your feelings.





## 2. Drop the revenge fantasies.

Don't sabotage a project, send a scorched-earth e-mail or leap at the next job offer.

Instead...





### 3. Decide what *you really* want.

Reflect on what fulfills you at work.  
What inspires joy? Gives you  
purpose?

Use this insight to map your path  
forward.





# 4. Harvest the learning.

Our toughest moments can yield our most profound lessons.

To explore these revelations...





## 5. Find support

A setback can feel lonely. Reach out to friends, mentors, allies -- even a business coach.

It's okay to ask for help.





## 6. Take care of yourself.

Offer yourself the compassion you would give a friend in the same situation.

Practice self-compassion as you do this tough work.





# Looking for more support?

A COACH CAN HELP.

CONTACT THERESA@BOLDOAK.CA  
TO SCHEDULE A FREE 30-MINUTE  
INTRODUCTORY COACHING CALL.

[www.boldoak.ca](http://www.boldoak.ca)