



**REFLECT,
RESET &
RECREATE**

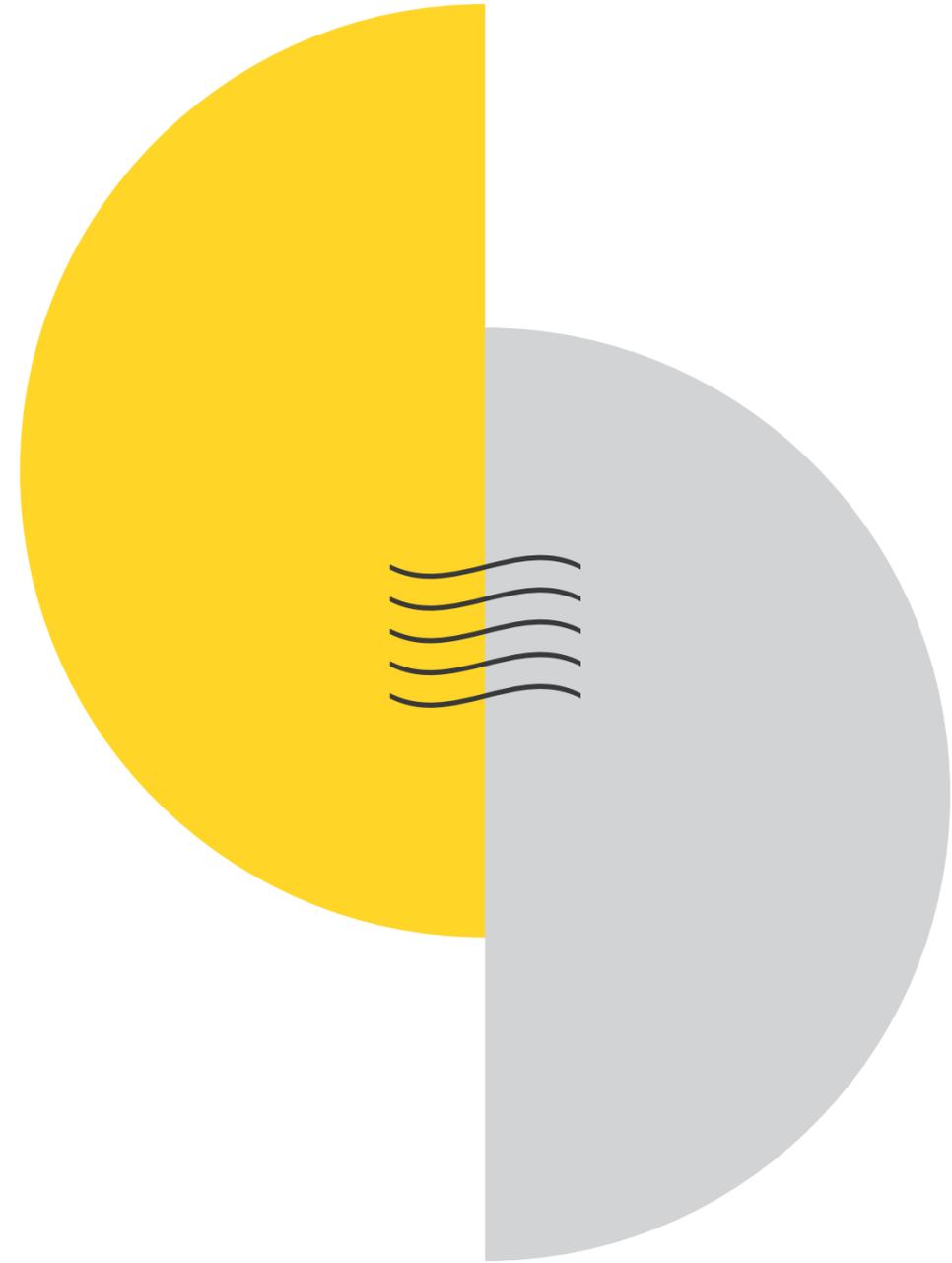
Surviving & Thriving After Redundancy



WHAT IS THE SPACE BETWEEN STORIES?

In times of job uncertainty or redundancy, we enter a period of transition. The chapter we're in is ending. And we may not know what the next one will be. We're in what I call 'a space between stories'.

These times are often filled with anxiety and turbulence. But they're also rich in creative potential and opportunities to do new and rewarding things. This toolkit is designed to help you navigate this transition and get some clarity on what your next chapter could be.



HOW TO CREATE YOUR NEXT CHAPTER

Reflect. Reset. Recreate.



01

REFLECT

Often the clues to our future are in our past. Use the following exercise to think about your life's chapters, your strengths, your values and much more.

Narrative Coaching Exercise



- Looking back on your work life, what phases or 'chapters' can you discern? What would be a good title for each chapter? Please give me a brief summary of each one.
- What values are important to you? Please share at least three examples that illustrate how they have mattered to you.
- What are you doing when you're at your best? Please think about and describe, in as much detail as you can remember, at least three occasions at any point in your life when you were 'in your element'. What was most satisfying about each one?
- What is the biggest work challenge you have faced and overcome so far?
- What does success look like for you at this point in your life?
- What would you do if you knew you couldn't fail?

To help you reflect, please spend some time thinking about your answers to these questions. Ideally you'll spend a few hours on it, over one or two sessions, in the next week.

This exercise is purely to help you discover more about yourself.

These questions form the foundation of my 1-2-1 narrative coaching work.

Bonus question

If it was your job to change the world, what would you do?



02

RESET

Use this exercise to remind yourself of your value to your marketplace. If you need a self-confidence boost, it should help.

'Why should anyone hire me?' Exercise

When you hire me, you're not just hiring any xxxxx. You're hiring:



My Value Statement

Most of us at some point in our careers forget the true value of what we bring to any job, project, or client.

When you show up for work on any given day you're not just giving your employer 8 hours of your time. The value you add is reflected in your years of experience and the knowledge you've gained. There are also the investments you've made in your professional development, the wisdom you've earned from the challenges you've overcome, and much more.

Reflecting on this exercise can help you remember your unique value in the marketplace. In turn, this can help with any questions and doubts around rate setting, etc.

Andrew's Example: Value Statement



When you hire me, you're not just hiring any coach. You're hiring:

- A coach with 30 years of studying psychology, neuroscience and storytelling
- The significant investments I've made, and continue to make, in my own professional development: ICF-certified coach, MSc Psychology, having my own psychotherapy, studying screenwriting at Harvard University, etc.
- The wisdom I've gained from my career transitions: from Hartlepool to Hollywood in my 20s, from anxious presenter to stand up comedian in my 30s, from full-time employee to business owner in my 40s
- More than 20 years of creative problem solving for all kinds of organisations: developing new ways for Ford to train 2000 salespeople; making compelling and effective recruitment campaigns for prison officers; creating innovative interactive videos for energy companies. These are just a few of the things I've been involved in.

My Value Statement

To give you an idea of how to do this, here's what my Value Statement looks like for business & career coaching.



03

RECREATE

Bring together what you've learned about yourself and create some possible next chapters. If you need fresh ideas, share 'A Career for Me' with trusted friends and colleagues.

'A Career For Me' Exercise

Talents

Values / Causes

Personal Qualities

Must-haves



Creating Possible Futures

Use this page to collect a summary of relevant information about your work. You can then use it to think about possible future careers for yourself. And you can show it to others to suggest some careers that might suit you.

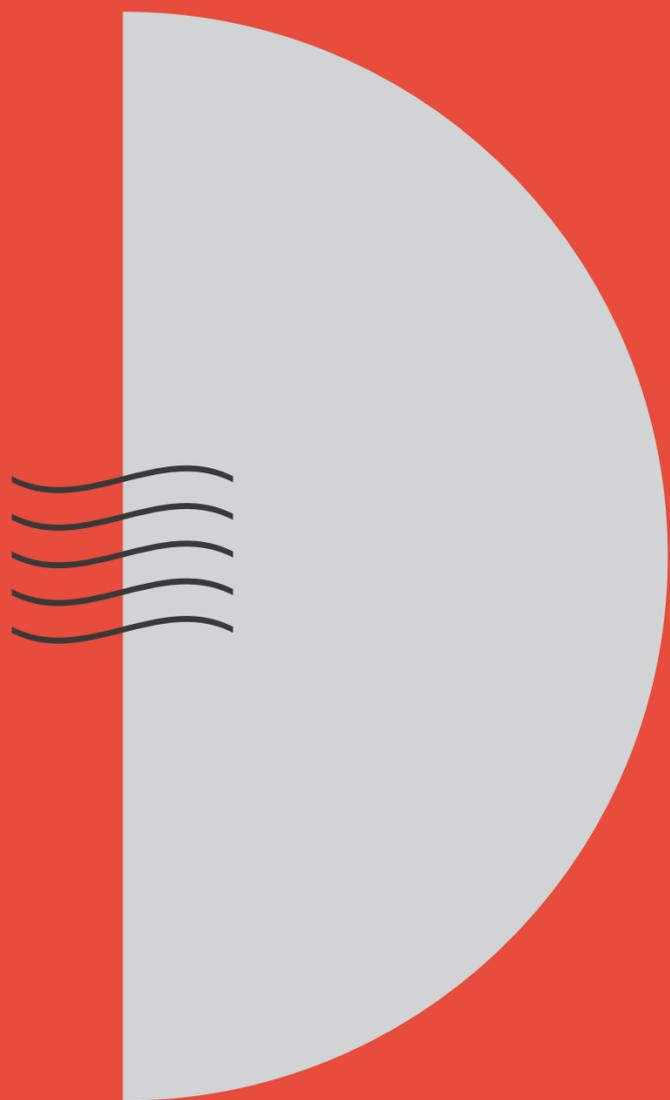
Show your 'A Career for Me' information to a few more people and collect three totally different suggestions of careers that would suit you.

(Source: This exercise was adapted from one found in 'How To Find Fulfilling Work' by Roman Krznaric)

04

ACT, EXPERIMENT & ITERATE

Choose a couple of your favourite next chapter ideas and explore how you could make them happen. Break big projects into micro-steps. Frame actions that feel out of your comfort zone as games or experiments. Use this checklist to keep you on track.



Your Whole Story: Daily Checklist



Three things I will do today are:

- 1.
- 2.
- 3.

1. Why do these actions matter?

2. How will I feel when I complete these actions?

3. What might hold me back?

4. Take 5 belly breaths. What do I notice about what I'm thinking and feeling right now?

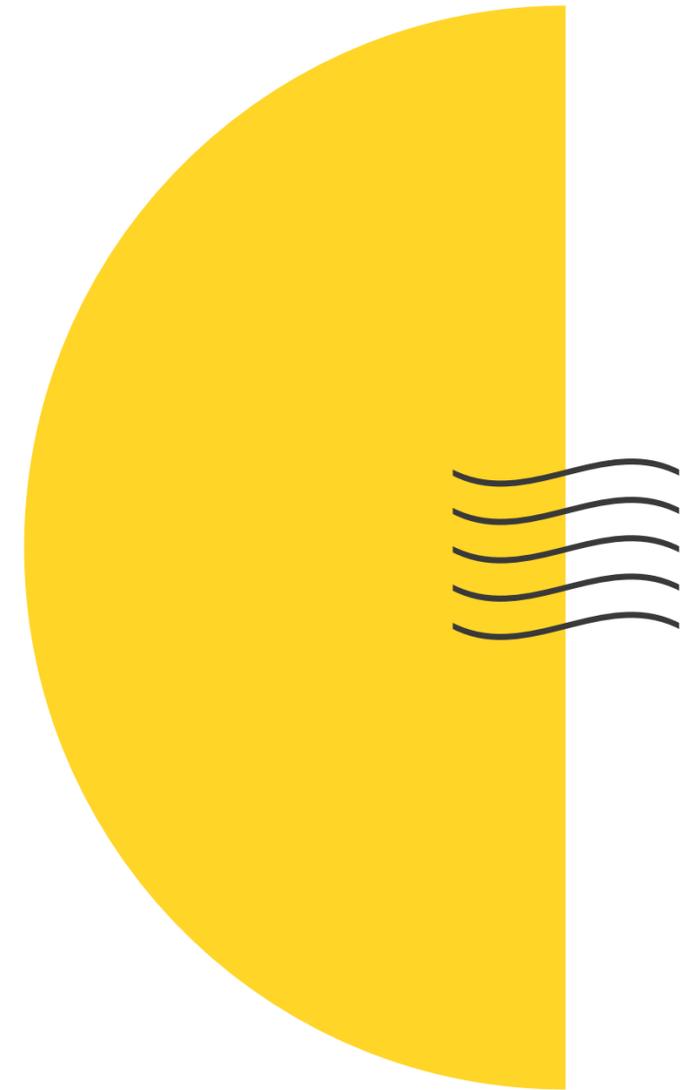
5. My inner coach says...

6. How will I reward myself at the end of the day?

BREAK FREE FROM STORIES THAT HOLD YOU BACK

'I'm not good enough.' 'I procrastinate.' 'I don't have the right experience.' 'I'm too old.'

When it comes to transitioning to new work, many of us tell ourselves stories that keep us stuck. In my 1-2-1 and group coaching, I'll help you change your relationship to these unhelpful stories, thoughts and emotions. This will create more freedom to move towards what matters in your life. If you're interested in learning more about how to do this for yourself, check out 'The Confidence Gap' by Russ Harris.



ANDREW SEWELL

Creator of Whole
Story Coaching

Leadership, career & wellbeing coaching
for professionals in marketing, media and
communications





Discover more and sign up for a FREE taster session at andrewsewell.com Any questions? Email me at andrew@andrewsewell.com