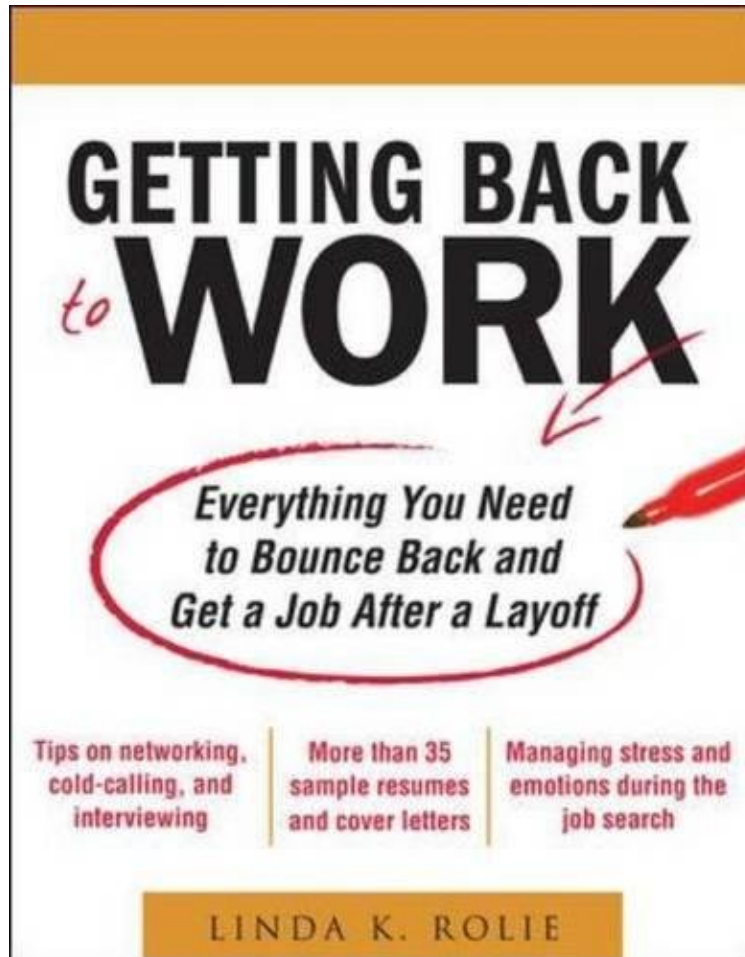


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Getting Back to Work: Everything You Need to Bounce Back and Get a Job After a Layoff

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HOW DO YOU MOVE ON AFTER BEING LAID OFF? You can't always control losing your job, but you can control your reaction and the decisions you make afterward

In Getting Back to Work, Linda Rolie, an expert in strategic career development with a background as a psychiatric therapist, gives you time-tested tools for finding a new job in today's tough economy, while also working through the psychological challenges you might face after being laid off. In **Getting Back to Work**, you'll find:

- Guidance managing emotions and stress while searching for a new job
- Exercises to identify transferable skills, knowledge, abilities, and qualifications
- Templates for writing impressive resumes, cover letters, and thank-you notes,
- Tips on networking, resume building, interviewing, and how to answer the why did you get laid off? and aren't you overqualified? questions
- Research methods for finding a job, helpful Internet sites and other resources

About the Author

About the Authors Linda K. Rolie is a master's level managing director in outplacement and career development consulting services for corporations and impacted candidates. As the founder and president of Career Services, Ms. Rolie is known for measurable results in corporate settings, creating and implementing challenging programs, and consistently facilitating rapid return to work. Ms. Rolie delivers training workshop modules that repeatedly earn excellent evaluations from corporate management and participants. Her consulting focus includes needs assessments, strategic planning and implementation, and guiding corporate teams during restructuring.