

Article 1 Resource: Reframing Job Loss

A Reflection Resource for Navigating Career
Transition with Care and Clarity



Real Talk & Reflection

Damon Maassen, CPTD



I didn't expect how much I'd internalized the belief that my value was tied to my output. That if I wasn't "doing," I wasn't enough. Job loss stripped that away. There were days I felt like I had nothing to anchor to.

Dr. Sarah Trocchio



That's such a common theme in coaching. Our culture trains us to conflate productivity with worth. Career transition feels destabilizing, but it can also be deeply clarifying and even empowering.



The quiet moments, while initially scary, created space for questions I'd never paused to ask. What do I want? What kind of impact am I still called to make?



Career transition is a sacred space. It's vulnerable, but also fertile. You're not behind, you're right where you need to be, opening up and becoming a wiser version of yourself.

Article 1 Resource: Reframing Job Loss

A Reflection Resource for Navigating Career
Transition with Care and Clarity



Additional Resources

Resource Name	Type	What It Offers
<u>What to Do After Being Laid Off</u> by Harvard Business Review	Article	Practical guidance for managing the emotional and logistical challenges of job loss.
<u>Job Loss is a Kind of Grief</u> by The Atlantic	Article	Explores how job loss can affect identity, self-worth, and emotional well-being.
<u>How to Reimagine Your Career After Being Laid Off</u> by NPR Life Kit	Article + Podcast	Tips for rebuilding and reclaiming your career narrative.
<u>What to Do - Besides Worry - Before You're Laid Off</u> by Forbes	Article	Practical steps to complete while awaiting a layoff.
<u>How Losing All My Free Time Forced Me to Rethink Productivity</u> by Big Think	Article	Honest insight into aligning your work with your core values.
<u>The Square Peg Club</u>	Community + Coaching	A space for career misfits, seekers, and rebuilders — offering coaching, community, and conversation.
<u>Good Life Project</u>	Community	A mission-driven platform designed to support people in living a more meaningful, connected, and vital life.
<u>The Muse</u>	Forums + Tools	Forums and events for individuals impacted by layoffs.

Article 1 Resource: Reframing Job Loss

A Reflection Resource for Navigating Career
Transition with Care and Clarity



Reclaiming Your Narrative

Let's shift the language of job loss — from shame to strength:

✗ Instead of saying...	✓ Try reframing it as...
"I was let go unexpectedly."	"I'm in a reflective transition, reassessing alignment between my values and the environments I choose to be part of."
"I haven't found anything yet."	"I'm discerning the right opportunity — one that aligns with my purpose and strengths."
"I don't know what I'm doing."	"I'm exploring what's next with curiosity and intentionality."
"It's been hard to bounce back."	"I'm honoring the emotional labor of this process while building forward with clarity and care."
"I just need a job — any job."	"I'm seeking work that reflects my skills, values, and the impact I want to create."
"I feel like I failed."	"This chapter is helping me redefine success beyond titles or timelines."
"I used to do DEI work, but the role was eliminated."	"My commitment to equity is ongoing — I'm continuing the work, regardless of where it's housed."
"I'm stuck."	"I'm pausing with purpose to ensure my next step is rooted in alignment and sustainability."

Support from The Square Peg Club & Damon Maassen

Led by Dr. Sarah Trocchio, The Square Peg Club offers values-driven coaching for those navigating career transitions, pivots, and identity-aligned growth. Learn more at [The Square Peg Club](#).

Damon Maassen offers coaching, speaking, and consulting for mission-driven professionals and organizations navigating what comes next.

Whether you're looking to pause, realign, or reignite your work with intention — we're here to support you.

Article 1 Resource: Reframing Job Loss

A Reflection Resource for Navigating Career
Transition with Care and Clarity



Reflection Prompts

Use these questions for journaling, coaching, or quiet reflection:



- What have I lost that I need to grieve?
- What does success look like now, given who I've become?
- What part of my story am I ready to tell differently?
- What would it mean to slow down just for this season?
- Who can I reach out to today without needing to "have it all figured out"?
- How can I meet my financial needs while staying aligned with my values?
- What might a bridge role, freelance project, or part-time opportunity unlock for me right now?

Gentle Practices for Career Transition



- **Name the grief.** You're allowed to mourn what was.
- **Resist urgency.** You don't have to fix it all fast. You get to move intentionally, even when decisions need to be made and steps need to be taken.
- **Acknowledge financial realities.** It's okay to seek stability through a bridge role, part-time work, or contract project while you reimagine what's next.
- **Reclaim community.** Connection helps combat isolation and shame.
- **Honor your rhythm.** Rest is not indulgent, it's insight.
- **Seek support.** Coaching and compassionate tools can re-anchor clarity.

Final Encouragement

You are not behind. You are not broken. You are opening up. You are becoming a wiser version of yourself. Trust them.

— Sarah & Damon