

Clinton: 'I wanted to curl up' - How to deal with a career setback

In her first public appearance since her defeat at the hands of Donald Trump, Hillary Clinton has laid bare her disappointment at the loss of the Presidency.

At an event titled "Beat the Odds", which aims to help America's underprivileged youth, Clinton said that she had wanted to "curl up with a good book and never leave the house again" – the BBC reports.

Her speech for the charity was met with chants and applause, as the would-be President explained how her value system had taught her "never to give up".

"Now I will admit coming here tonight wasn't the easiest thing for me," she said. "I know many of you are deeply disappointed about the results of the election. I am, too, more than I can ever express.

"I know this isn't easy. I know that over the past week a lot of people have asked themselves whether America is the country we thought it was. The divisions lay bare by this election run deep, but please listen to me when I say this.

"America is worth it. Our children are worth it. Believe in our country, fight for our values and never, ever give up."

And though we may never have run for President, no one is a stranger to a career set back. Often, as in Clinton's case, they come as an unexpected blow to our self-esteem. However, there are measures that you can take in order help the situation, and prevent a complete existential meltdown.

A report by John R Rudisill, entitled "Coping with Job Transitions over the Work Life", explains that escapism is a natural reaction to job derailment. And whilst it may be tempting to take a holiday – it's rarely productive in finding the next step. An article by the Harvard Business Review, written by Mitchell Lee Marks, suggests speaking with a counselor in order to set out some achievable career goals.

From there, chose a direction that is best for you. However, be warned – as research from career specialist Douglas Hill shows – professional goals change over time, evolving with personal lives and events.

In this case, try and change your perspective pre-emptively. Take a back step and look at the long-term. Chances are you will not end up in a role that is a carbon copy of the one you lost, so don't expect it.

Often the best career changes are the unexpected ones.

DSA can help with career advice and discuss how to manage changes in your career. Often, at CEO and Senior Executive level, this can be invaluable as you may not have found yourself in this situation before.

Talk to Diane Southwick today in confidence.

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