

## Does your cloud have a silver lining ?

In the last recession, those that were made redundant tended to get a generous pay-off, but this time it seems that people are only getting the Statutory minimum. However, if you are one of the lucky ones with long service and a generous employer, then perhaps you will have a bit of a nest egg which will allow you to live your dream ! So if you can remember “what you wanted to be when you grew up” then perhaps now is the time to turn that dream into a reality.

Michelle Lucas our local Executive coach shares some of the experience of her clients who have successfully started off on a new life chapter.

In order to confidently set out on a new venture it's really important to have enough money to live on so do your calculations about how long your savings will last you, and then halve it; experience says that those unexpected costs come along when you can least afford it !

Often changing direction requires re-training, so have a look at what's on offer and remember not to just jump into the first and most convenient training option. Think carefully about what will make you the most marketable when you've finished as re-training is going to require your time and money so make sure you invest well.

If you've been a closet inventor or you believe there's a business or a book inside you, then now might be the ideal time to lay the foundations for bringing this to life. Remember this kind of thing always takes twice as long as you imagine and most people find that they benefit from maintaining a modest income (which doesn't call for too much brain power) to keep them going. This strategy can really help place you in poll position to market your new idea when the economy picks up again.

Some people take the opportunity to take time out from the world of work and careers, maybe it's a good time to start a family or to travel the world – after all, you're not going to miss much !

Finally, this may be a good time simply to take the time to chill out, to just “be”, to get healthy and forget about getting wealthy. Often when we relax and enjoy the simple things we get a more balanced perspective on life and become more open minded – so who knows what might come along and inspire us?!

For further information please contact: Michelle Lucas at [www.coachU4success.co.uk](http://www.coachU4success.co.uk)

**Ends**

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