

# How to recover after a professional failure



## You are not what you do

Just because a project or a job ends doesn't mean you end with it.

**Your knowledge and skills** are yours to use in new organization and projects.



## Speak in terms of benefit

Explain what you can do for others. How can you add value in your professional field?



## Tell the world

**Give visibility to your profile.** Tell your contacts about what you can do to help an organizations.



## Go to back to the YES times

Remember the challenges you have faced and what actions you have taken. **Try to apply all that worked for you to your current challenge.**



## Forgiveness and acceptance

Forgive yourself. Free yourself. **Your energy** cannot be in the past, **but designing solutions in the present.**



## Your greatest strength lies in your vulnerability

Fear is the weapon of our bland attempt to protect our ego. Assuming your vulnerability, **you have nothing to lose and much to gain.**



## Work to make a difference

Leave more of a mark on whoever shows themselves to be. Have the courage **to be as much like yourself as possible.**



## Help and collaborate with others

In your generosity and capacity to offer help to others you will find **one of the best strategies for growth.**



## Without you, you are nothing

Take care of yourself, eat, sleep well... **you need yourself more than ever.**



## Big dreams, small steps

Take small steps that will lead you to **achieve** the results and **the well-being you want for yourself.**

Source: ELENA ARNAIZ, PROFESSOR AT ESIC.