



# **Wrongful Dismissal: From Wounded To Thriving: Insights, Tips and Strategies to Help You Tap Into Your Resilient Self**

*Tamelynda Lux*

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## **Wrongful Dismissal: From Wounded To Thriving: Insights, Tips and Strategies to Help You Tap Into Your Resilient Self** Tamelynda Lux

Wrongful Dismissal: From Wounded to Thriving - This book offers suggestions to help you find your own best answer for your career transition situation. It will help you explore your story, options and choices, and also offer tips and words of inspiration to help you through this specific journey of career transition. This book is intended to help you with your decision to litigate, manage your finances between employment, and heal emotionally. It also offers direction to help you get ready for a successful job search and career transition. Throughout the book there is opportunity for you to jot down some of your thoughts and reaction to what you have read and plan your next steps. In addition to the reflection questions throughout the book, at the end of each chapter is a section to foster personal goal setting. Chapters include: Understanding Wrongful Dismissal Keeping Your Balance: Your Sanity To Litigate or Not Finding Your Support Managing Your Finances Working Effectively through Career Transition Motivating Yourself and Moving On "Inspiring - Wonderfully real and relevant resource. By revealing the vulnerable place in which the author stood, it connects with the reader, helping normalize the experience and provide hope by showing how the author made it through job loss and create a new pathway." Janet Froom, Executive Team Coach, Horizon Leadership Institute Inc. "Practical - Wrongful Dismissal helps readers cope with the practical and emotional impact of being dismissed and prepare themselves for great success." Greg Schinkel, Front Line Leadership Expert and Author of Fusion or Fizzle: How Leaders Leverage Training to Ignite Results

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