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HOW TO NAVIGATE CAREER SETBACKS



Career setbacks can come at any stage of your career and can come at no fault of your own.

Career setbacks can limit your future potential or give you an advantage as you become a stronger version of yourself. Below is a quick reference guide of my six-step D.E.T.A.C.H. method to help you navigate career setbacks.

- 1. D = Don't attach your worth or identity to a position, title or status**
- 2. E = Energize through activities such as reading, exercising, or counseling**
- 3. T = Take time for yourself and separate your past self from your future self**
- 4. A = Assess the lessons learned and reflect on your experiences**
- 5. C = Create a plan of action centered around a six-month career goal**
- 6. H = Helping others can help you feel a sense of contribution and ask for support towards your plan**