

# FIN WAS FIRED (KINDA)



A soft landing story for  
when work lets you go

Story By: Tiffany Davies-Nunn





Fin was authentic at work, making meaningful contributions rather than merely going through the motions. She approached challenges with curiosity and fostered connections that benefited the organization.

Fin prioritized relationship-building and achieving results without looking for the spotlight, truly embodying the company's core values: loyalty, presence, and excellence. Well-respected in influential circles, Fin continued to evolve and took pride in her accomplishments.

Then, something unexpected happened.

**What could this be about?**

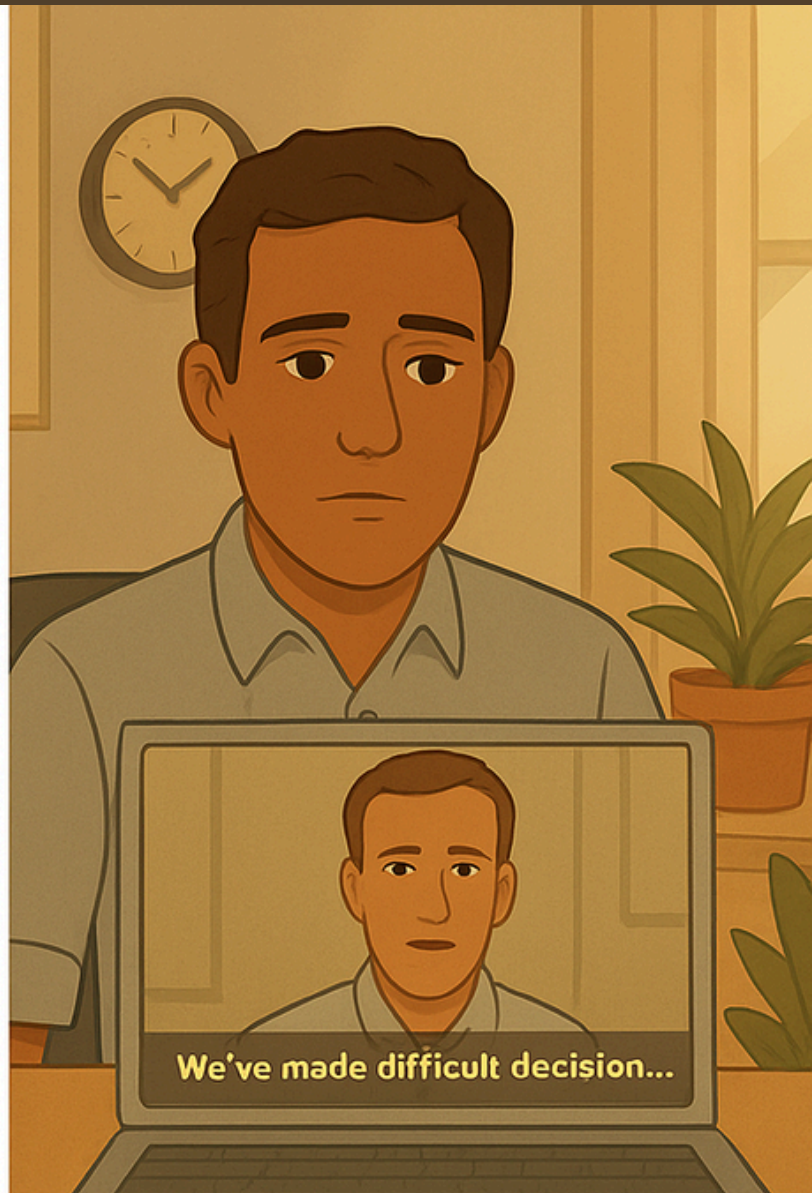
It was an ordinary morning.

Fin checked her calendar, prepared for the day ahead, and seamlessly joined her initial calls.

Suddenly, a last-minute meeting popped up. There was no agenda, and none of the names were recognizable.







When Fin arrived, the atmosphere was tense.

She and her leader exchanged brief greetings before her leader announced, "We've decided to eliminate your position."

Fin was speechless, shocked, and in disbelief. She had dedicated herself and earned respect, but now her role and aspirations were gone.



When the call concluded, a heavy silence lingered.

There was no follow-up, no message from her team, and no transition plan.



In mere moments, it seemed as if she had never belonged to that workplace. Sitting at her desk, she stared blankly at the screen.

Her calendar was entirely empty, and she had logged out of her email.

The responsibilities that once filled her days had disappeared.

There were no upcoming tasks, no inquiries, and no reason for her to keep her camera on.



She shut her laptop and made an effort to embrace the moment. For the first time in ages, she found herself without any obligations. So, she remained in place and allowed the moment to be genuine.





The following days were silent, but not peaceful.

No messages. No answers. Just an abundance of time for reflection—perhaps too much.

Fin replayed past conversations in her mind, combing through old emails, revisiting her reviews, and searching for missed details.

Had she said something wrong?  
What did she do?  
Was it simply business?

The questions flooded in, becoming increasingly heavy.

She was aware of her efforts, her presence, and her valuable contributions. However, even with this understanding, it did little to lessen the sting of the loss.

It only made it harder to express.



Grief manifests in various ways during difficult transitions, often emerging through silence.

She permitted herself to fully embrace her emotions. Some days, tears flowed down her cheeks before noon, while on other days, she kept herself occupied by cleaning endlessly.

Fin also went through cycles of sleeping excessively or battling insomnia.

Feelings of anger and sadness arose, intertwined with a quiet guilt associated with the sensation of being left behind.

Instead of hastily seeking a solution or distracting herself with a new ambition, she opted to let her emotions linger for as long as they needed.







Fin sought the guidance of a therapist to help her cope with the unexpected changes in her life. She aimed to discover healthy methods for managing her grief, confusion, and the loss of structure, which were all intricate challenges. Fin understood that she didn't want to confront these feelings alone.

The therapist didn't offer quick fixes. Instead, she listened with care, asked insightful questions, and helped Fin step back to process her experiences. They explored not only what had happened but also its deeper meaning.

Together, they crafted routines to support her well-being and recognized the emotions she had been struggling with on her own. Although it didn't immediately resolve all her difficulties, it provided her with a clearer path forward.





Fin also decided to take a step back.  
She unsubscribed from job alerts.  
She stopped checking LinkedIn.

She turned off the part of her mind that was always chasing productivity.  
For the first time in years, she permitted herself to rest without any feelings of guilt.  
She lit candles during the daytime.

She revisited shows she had seen before.  
She wandered on aimless walks without any particular goal.  
There was no plan, no timeline, and no pressure to seek out answers.

Fin allowed herself the freedom to take a break.  
In that quiet space, she began to reconnect with her true self.





When the turmoil subsided, Fin crafted a plan.  
It wasn't a five-year blueprint or a perfect next step.

Instead, it was an honest and clear evaluation of her aspirations and what she was prepared to release. She wrote it down.

Not as goals, but as fundamental truths:

- I am still capable.
- I seek work that respects my time.
- I do not need to earn my rest.
- I am not starting anew; I am building upon my experiences.

While the plan may not have solved everything, it offered her a sense of direction.





Fin reopened her laptop, fueled by a newfound sense of determination. This time, she was focused on her personal aspirations. She refreshed her resume, showcasing her proudest accomplishments while letting go of what no longer needed justification. In between submitting applications, she took the time to journal and enjoy her tea, fully present in the moment.

She reminded herself that navigating through loss is not just a challenge, but a valuable skill that demonstrates her resilience. She approached her journey without haste, seeking something deeper than just recovery; she was building something lasting.

For the first time in a long while, she genuinely believed in her potential and her capacity to face any obstacles ahead.





If you find yourself in this situation, take this as your reminder:

You are not a failure.  
You are not lagging.  
You are not broken.

Losing a job is undoubtedly difficult, but questioning your self-worth can be even harder. However, you are still here, and that carries great significance. You deserve to take pride in your past accomplishments.

You have the right to grieve what has ended.  
And you have the right to dream about what the future holds.  
Even if the chair has been pulled away, you continue to stand tall.

Your journey is far from finished.



# Fin's Notes

## SOFT TIPS FOR HARD TIMES



### **Your worth is not your title.**

Being eliminated isn't the same as being erased. You are still brilliant, even without a badge.



### **Let your feelings land.**

You don't have to bounce back overnight. Cry. Scream. Binge that show. It's all part of the process.



### **Talk to someone who listens.**

Not every friend is a therapist. And not every therapist is your person. But when you find the right one – it helps more than you know.



### **Make a “no pressure” plan.**

Jot down ideas, options, and dreams with no deadlines. Just possibilities. That's a starting point.



### **Rest is productive.**

Seriously. A rested mind makes better decisions than a stressed one.



### **Unsubscribe from guilt.**

You didn't cause this. The company changed – you didn't fail.



### **Celebrate small wins.**

Getting out of bed? Win. Updating your resume? Win. Drinking water and replying to one email? BIG win.



# About the Author



Tiffany Nunn is a communicator, creator, and career storyteller who believes that personal growth doesn't end when a job does. She's spent years helping others navigate workplace experiences with empathy, humor, and clarity.

This book was inspired by real-life transitions—moments that test our confidence but ultimately build our resilience. Tiffany wrote this story for every person who has been let go, laid off, restructured, or suddenly sent home with a box and questions.

She believes that losing your role doesn't mean losing your value. You are not the job. You are the person who made the job better. When she's not writing or creating engaging content, she is raising a joyful toddler or helping others tell their stories with heart.

Follow her journey and upcoming work at  
[tiffanynunn.com](https://tiffanynunn.com) or  
on Instagram [@ItsTifffromWork](https://www.instagram.com/ItsTifffromWork)