

WHAT IS SURVIVOR

SYNDROME?

'Survivor Syndrome' is a catch-all term. It is a grouping of a number of symptoms employees can experience following a mass redundancy or layoff. It can take many forms, and often has a damaging effect on businesses as a whole.

What does it look like?



Loss of trust in the business/upper management



Anger at the redundancy process



Guilt for keeping their job when colleagues didn't



Fear of being 'next' to lose their job



Bitterness at taking on extra work



Increased feeling of pre-existing imposter syndrome

What's the impact on the business?



Decreased morale



Reduced motivation



Reduced productivity



Reduced engagement



Risk avoidance