



# The Let's Talk About Layoffs Podcast

"Let's Talk About Layoffs" offers a deep dive into the complexities of layoffs and their alternatives, guided by Dr. Tracy Shroyer, a layoff scholar who has both studied and published on the topic. Having experienced a layoff herself in the fall of 2023 after a 27-year tenure in an organization, Dr. Tracy brings a unique blend of academic insight and personal experience. This podcast is an essential tool for mid-level professionals, HR practitioners, and anyone facing or managing career transitions, providing strategic insights and practical solutions for navigating these challenges.

## Why Listen?

Join Dr. Shroyer for engaging discussions that challenge conventional wisdom and introduce innovative strategies for career management. Each episode is crafted to empower professionals with knowledge and tools that inspire thoughtful career decisions and effective management practices in the workplace.

## ABOUT DR. TRACY



Dr. Tracy Shroyer is an accomplished career coach with over 10 years of experience helping hundreds of clients navigate their career journeys. With 27 years in the corporate sector and a specialization in industrial and organizational psychology, she brings a wealth of expertise and a personal touch shaped by her own professional ups and downs, including a layoff in 2023. Dr. Tracy offers crucial support, empathy, and tools, using humor and insightful advice to encourage resilience and transformation in others through the "Let's Talk about Layoffs - Navigating Careers & More" community and podcast.

## Connect with Dr. Tracy:



[www.tracyshroyerphd.com](http://www.tracyshroyerphd.com)



[learn@tracyshroyerphd.com](mailto:learn@tracyshroyerphd.com)



[linkedin.com/in/tracyshroyerphd](https://www.linkedin.com/in/tracyshroyerphd)



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