

Surviving Job Loss Employee or Family Member

Few experiences are as devastating as losing a job or having your significant other lose theirs. This workshop is designed to take participants through the process of coping with both the emotional and practical concerns that surround job loss. Topics include:

- Understanding the emotional impact on self, significant others and coworkers
- Taking care of the practical stuff:
 - unemployment insurance
 - finances
 - health insurance options
- Moving forward:
 - Job search
 - Career assessment
 - Staying positive/self-care during the search
- Comprehensive resource list for every stage of the process and topic presented