

WORKSHOP OVERVIEW

Dealing with job loss is one of the most difficult emotional challenges that a human being can face. Grief, Denial, Anger, Hopelessness and Depression can paralyze workers and severely limit their ability to cope. Loss of Identity, Direction, Pride, Confidence and Trust can hinder recovery.

Participants will remotely join in ZOOM discussions, videos, whiteboard and visual workbook exercises dealing with stages of job loss. They will learn effective steps/ procedures that will give them the direction, the methods and the tools to move forward.

"I recently attended the Picking up the Pieces-2 part series webinar and was thoroughly impressed by the content and delivery. The topic of mental health and job loss is particularly relevant in today's uncertain times, and Rob did an excellent job of addressing the emotional rollercoasters that can come with such challenges. One thing that stood out to me was Rob's emphasis on the importance of self-care and finding ways to manage stress and anxiety. He provided practical tips and strategies for navigating difficult emotions and maintaining a sense of hope and optimism during tough times.

I would highly recommend the PUP webinar to anyone facing job loss or dealing with mental health issues related to job loss"

Essex, CT



PICKING UP THE PIECES

Dealing with the realities and emotions of unemployment



Information on how to access the ZOOM workshop will be emailed to registered class participants 24 hours prior to the workshop session.

This FREE, two session, 4 hour ZOOM workshop will allow you the opportunity to learn, discuss and remedy the emotional feelings attached to Job Loss. It will provide participants with expert advice and coping strategies. It will help you get back on your feet; it will make the R-words (*recovery, rebuild, refocus, and rejuvenate*) part of your job search.

To register for this workshop, contact your local American Job Center office or register online at ct hires.com

**Danielson AJC
Montville AJC
Willimantic AJC**

**860-774-4077
860-848-5240
860-450-7603**

americanjobcenter®

Eastern CT Workforce Investment Board

WORKSHOP OBJECTIVES

- ✓ Identify the Emotional and Physical Aspects/Effects of Job Loss
- ✓ Learn and Practice 'Best practice' Recovery Methods
- ✓ Develop Strategies to deal with the 'Emotional Wave'

KEY TOPICS

- Recognition
- Acknowledgment
- Coping
- Renewal
- Action
- Bubble Bath Days

"I have attended this workshop in person and now on Zoom. It was very helpful and clear-cut. Very good learning experience. I really enjoyed Rob's classes these past 2 days."

Montville, CT

"This workshop should be actively promoted to be taken early in the unemployment journey. It's validating, informative, supportive, and preparatory."

Bristol, CT

"This workshop validated the feelings I've been having since my job loss and provided inspiration and strategies for moving beyond the loss and forward with my job search. Emotional at times, but re-confirmed my feelings are normal."

Mystic, CT