

PICKING UP THE PIECES

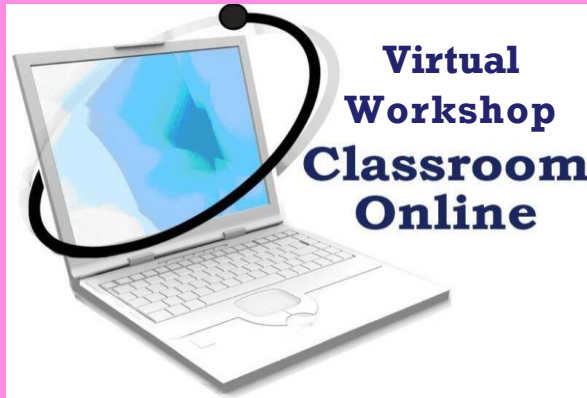
WORKSHOP OVERVIEW

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.

KEY TOPICS

- Recognition
- Acknowledgement
- Coping
- Renewal
- Action



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

WORKSHOP OBJECTIVES

- Identify the Emotional and Physical Aspects/Effects of Pandemic Job Loss
- Learn and Practice 'Best Practice' Recovery Methods
- Develop Strategies to Deal with the Emotional "Wave"

This **FREE**, two session ZOOM workshop will allow you the opportunity to learn, discuss and remedy the emotional feelings attached to Pandemic 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 on line at cthires.com**

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