

# The Emotions of Job Loss

*Going beyond the emotions to have success in your job search*

Presenter **Christine Nejdli, GCDF**

Assistant Director, McHenry County Workforce Network



The Emotions of Job Loss by [Illinois workNet](#) is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](#).

2

## The Emotions of Job Loss

- Job loss is accompanied by an uncomfortable array of emotions. How well we manage those emotions will determine our success in job search.
- The emotions that come with job loss can feel like an emotional roller coaster. Understanding what you are feeling, and why, is an important first step to moving beyond the emotions to make progress in your job search.
- Taking the information from this webinar and applying it in your own life will help you move more quickly through those stages of grief to acceptance—the first step in moving on to new opportunities

### The Five Stages of Grief

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

*Elisabeth Kubler-Ross*

Prepared for Illinois workNet

3

## Resources to help you in transition

- ▶ A job loss affects both the individual as well as immediate family members. The impact of lost wages and benefits adds to the stress of job loss.
- ▶ Information is a powerful tool in working through this life transition.
- ▶ Your local community can offer resources to help you in transition.
- ▶ Identifying your needs and connecting with area resources is an important first step after a job loss.
  
- ▶ *Illinois workNet can help* - [www.illinoisworknet.com](http://www.illinoisworknet.com)

Prepared for Illinois workNet

4

## *How Illinois workNet can help.*

- ▶ Illinois workNet is the Illinois online resource with all the tools that you need to be successful in your job and life transition.
- ▶ Designed to be a 24/7 support for your job transition, it is the first place to go for reliable information related to your job search.
- ▶ The one website to go to for reliable information:
  - ▶ To direct your career development (What is my next step in my career?)
  - ▶ Options for training to enhance existing skills
  - ▶ Links for Job Search
  - ▶ Networking
  - ▶ Links to local resources to provide extra support for you and your family in transition.

Prepared for Illinois workNet

5

## Assessing your Current Situation

- First step...Locate your local Workforce Development Center using the Illinois workNet website:
  - Network & Connect> Illinois workNet Service Finder
  - Locate the nearest office by City, County, or Zip Code
  - Visit the local Workforce Office for an initial assessment of your current situation and what services are available to help you in your job and life transition.
  - Make use of the free services available at the local Workforce Development Office for job search assistance.

Prepared for Illinois workNet

6

## Get Your Financial House in Order

- Getting your financial house in order is the key step in moving forward in this process of job transition.
  - Apply for unemployment benefits
  - Make a budget, or revise an existing budget, including any sources of income including unemployment benefits. Budgeting forms and information can be found on the Federal Trade Commission website, [www.consumer.ftc.gov](http://www.consumer.ftc.gov).
  - For professional advice for debt management look for a local Consumer Credit Counseling Services (CCCS) office. The agency should be a member of the National Foundation for Credit Counseling (NFCC) and be accredited by COA (Council on Accreditation, Inc.)
  - Knowing that your family's finances are in order will allow you to focus your attention on your job search efforts.



Prepared for Illinois workNet

7

## Other assistance you might need- Department of Human Services

- Insurance for the family
- Help with food costs—SNAP
- Childcare
- Housing
- Disability and Rehabilitation
  
- [Illinois Department of Human Services](#)

Prepared for Illinois workNet

8

## Networking *Getting Encouragement for Your Job Search*

- The human connection is important to your sense of wellbeing during job search.
- Job Clubs provide a community of job seekers to share job search experiences, exchange job leads, members can serve as accountability partners.
- Social Networking
  - Linked In, Facebook, Twitter give job seekers opportunities to connect at a personal level with friends and family for encouragement with job search, and at a professional level to connect with potential employers.
  - Note: Make sure that your social media posts will reflect professionally on you if viewed by potential employers.

Prepared for Illinois workNet

9

## Conducting an organized job search

- ▶ Once you have established a new household budget, and arranged for necessary services to meet your family's needs, you are ready to get fully engaged in your job search.
- ▶ [Illinois workNet Employment 101](#) will take you through the steps—resume writing, interview tips, salary negotiations, and links to websites where you look for jobs. A library of easy to use forms are available to help you organize your job search.
- ▶ [Illinois JobLink](#)—Upload your resume to match with available jobs.

Prepared for Illinois workNet

10

## Making that final step to Employment

- ▶ Taking good care of your health through proper diet, exercise, and adequate sleep;
- ▶ Utilizing resources in the community to help you to get your household in order;
- ▶ Reaching out for support from friends and family;
- ▶ Conducting an organized job search;
- ▶ Acing the interview
- ▶ **BACK TO WORK**

Prepared for Illinois workNet