

# Taking Control of Job Loss and Transition



## How do you take back control of your life?

Job loss or transition is a difficult process for anyone. This course will help you and your family prepare for the experience by teaching skills of stress reduction, rebuilding self-esteem, getting active, reducing money worries, managing thoughts and feelings and more.

### Course Contents

- The mental and emotional impact of job loss.
- Signs of unhealthy coping.
- Coping tools, including: staying active, changing thinking, fueling esteem, reducing money worries, and reducing tension.
- How to prepare your family.
- Preparing yourself for a changing workplace.

### Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.

Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).

**Enroll Now!**

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer at [www.homeweb.ca](http://www.homeweb.ca).