



**RIVERINA
COMMUNITY
COLLEGE**

‘GOING THE EXTRA MILE’

**DEALING WITH JOB LOSS AND SUCCESSFULLY FINDING
NEW EMPLOYMENT**

SO, WHAT HAPPENED?



- Covid retrenchment? Technological advancement? Something else?
- Whatever the reason for losing your job, make sure you can explain it rationally and calmly. Ensure you address any skills-gaps.
- Employers are going to be looking for a proactive and positive person. You need to deal *now* with any residual feelings you may have about your previous job.

DEALING WITH YOUR JOB LOSS

1. Establish clearly why you are in your current situation to the point where you can explain it calmly to someone else.
2. Your mental health: make sure it's where it needs to be; seek help if it isn't.
3. Build positive activities into your life. Start the day with something positive and build other, new, positive activities a little every day
4. Start to plan for the future: take stock of your age, circumstances and skills and plan ahead.



PREPARING FOR JOB APPLICATIONS

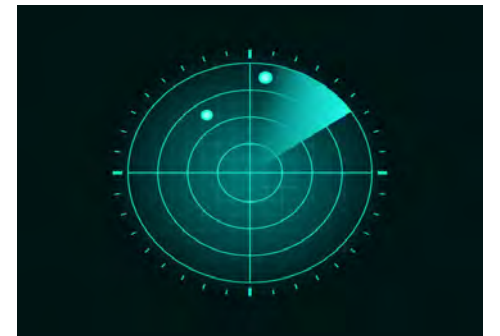
- Get busy, now!! Don't wait.
- Be consistent: maintain a steady pace; keep records so you know what you've applied for
- Keep to a routine.
- Manage your social media profile

- **PAIR WORK**
- **READ CASE STUDY # 1 and DISCUSS**



BEING RESOURCEFUL: REMEMBER HOW EMPLOYERS HIRE

- Companies will look internally, first, to fill vacancies. They will often then try personal contacts, former employees, or word of mouth. This is why leaving your resume at the front desk (the 'old fashioned' approach, can be beneficial).
- Many companies use computers and specialist software to sift and evaluate applications. Your application may never be read by a human being; hence, don't take it personally if you don't hear back from someone you've applied to
- The more effort you make, the more varied approaches you try, the more your chances will improve so, don't do what everyone else is doing and apply just to SEEK ads.....



THE MANY WAYS OF WORKING

- **Full time:** working, typically 38 hours a week
- **Part time:** working perhaps 15 hours a week
- **Casual employment:** working when your employer needs you
- **Contract employment:** working for a specific time period. For example, for six, nine or 12 months, but no longer.
- **Consulting:** working as a free-lancer to provide your skills or services at a fixed rate.
- **Traineeships and Apprenticeships:** studying while working
- **Entrepreneur :** starting up your own company



BOOM OR BUST?

CLASSWORK

LOOK AT THE FIRST CHART ('AUSTRALIA'S LARGEST EMPLOYING INDUSTRIES'):

- What % of the workforce do the top five industries account for ?
- Which sector still has a high % of full-time work
- Where might female workers stand an excellent chance of gaining employment?

LOOK AT THE SECOND CHART ('CONTRIBUTION TO EMPLOYMENT GROWTH TO 2025')

- Has anything changed regarding the top five industries?
- Which two industry sectors should you be wary about working in?
- How well will the type of work you are most interested in do in the next 5 years ?



GOING BEYOND 'SEEK'



If you're doing what everyone else is doing (applying on SEEK and waiting for something to happen) then what are your chances of success when all your eggs are in one basket?

PAIR WORK:

1. With your partner, discuss which of the twelve ways of finding work above you have tried, which you'd like to try and which you're a bit nervous of trying.
2. What holds you back from the ones that make you a bit nervous? How might you overcome this?
3. Look at the pie-chart below. What is the single most successful way of finding work according to a recent survey? Roughly what percentage of jobs come from applying to a job board?
4. Read the story about Pete (Case Study #3). What character qualities do you think he displayed in his quest for his dream job?

STAYING RESILIENT; MAKING YOUR PLAN

Unfortunately, for many of us, we find that we're only starting to even think about how to find work and manage a career when we're at our weakest point (i.e. unemployed).

Here's what we need to do to get back on track:

1. Get real about the number of job applications you're going to have to make (please complete 'spot check as a class' (the first exercise in 'making your job search plan').
2. Choose 5 – 6 of the activities in 'the many ways of finding work' while completing the 'personal reflection and class discussion' exercise.
3. Work through the 'personal reflection and pair work' activity (the final activity) and report back to the class.



VIDEO LINKS

- **Dealing with job loss during the pandemic:** <https://www.youtube.com/watch?v=1qGvUs2MsQM>
- **Coping with job loss:** <https://www.youtube.com/watch?v=ZirKYXBmtRw>
- **What companies are looking for:** <https://www.youtube.com/watch?v=ivs9S67wdEI>
- **Industries where jobs are booming** <https://www.youtube.com/watch?v=3eQCaup84Rw>