

Crisis Management for Job Seekers

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Objectives

- IDENTIFY FORMS OF CRISIS AND JOB SEARCH IMPACT
- DEFINE STRATEGIES FOR HANDLING PEOPLE IN CRISIS
- DEVELOP SUCCESS TACTICS FOR JOB SEEKERS
- LEARN TO LEVERAGE INDIVIDUAL TRAITS FOR OVERALL EFFECTIVENESS

Types of Crises

- Death, personal loss
- Health, pandemic, chronic illness
- Domestic, divorce, relocation, trauma
- Economic, financial strain, recession
- World Event, 911
- Natural, earthquake, hurricane
- Criminal, victim, incarceration
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Are we having fun yet?

Stages of Impact

- Shock
- Denial
- Anger
- Remorse
- Grief
- Reconciliation

-What is the best time for Job Search?

-What might be the worst time?

Managing Crisis for Job Seeker

- Modify: location, hours, industry
- Reduce: limit exposure and time
- Prepare: research best scenario
- Amend: customize goals for comfort
- Mobilize: support, supplemental resources

Handling People in Crisis

- Set goals in controlled environment
- Foster hope and realistic expectations
- Assess resources and support systems
- Promote good self-image
- Rebuild self-reliance
- See positive future

Every person has more psychological strength than appears.

People are amazingly resilient. Psychological Emergencies and Crisis Intervention,
Hafen and Fransen

Lessons Learned in Crisis

- Resiliency
- Unprecedented strength
- Renewed, deepened purpose
- Connection with what is essential
- Knowledge of who matters
- Sense of triumph!
- Perspective

Who would you rather hire, someone who escaped disaster or someone who overcame it?