

# Redundancy Support Services



## Coping with Redundancy

- Debt and financial management
- Dealing with stress
- 1-2-1 coaching

## Outplacement service

- Discovering your ideal job and exploring all the options (2)\*
- Identifying your transferrable skills (1)\*
- Compiling and updating your CV, including covering letters (3)\*
- Interview preparation - includes mock interview sessions (1)\*
- Identifying potential employers and creating a job search strategy (1)\*
- On-going job search support (1)\*

## On-line Support

Route Through Redundancy

Everything Stress - looks specifically at stress management

These on-line programmes can be combined with e-mail support, telephone coaching support or face-to-face sessions as listed above

## Group Workshops

Practical activities to build confidence, gain skills and knowledge to prepare individuals to find future employment. A maximum number of 8 attendees ensure that everyone has the chance to participate.

**For a free initial consultation session  
please contact:**

**Charlie at**

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\*estimated minimum number of sessions required