Coping During Difficult Times

Overview/Description
These days, conversations in America seem to be consumed with more questions than answers. And while the words are different and the opinions can vary, these conversations all have a common element of “what does all this mean?” We are being overwhelmed with news reports about the economy and job losses. Our organizations are undergoing unprecedented change. The personal decisions we have to make are more complicated than ever.

This workshop assists individuals who are working within organizations that are undergoing major change (restructuring, layoffs, spinoffs). It is designed to provide an understanding of the types of reactions one can experience during this time and provide practical tips for coping with all this uncertainty and change.

Target Audience
Employees who are coping with potential layoffs, reorganizations or other uncertainty in the workplace

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Describe what uncertainty really means to you
› Describe what you’re going through in specific rather than vague terms

Identify the common reactions people have to the stress of uncertainty
› Identify common physical reactions
› Identify common emotional reactions
› Identify common cognitive reactions
› Identify common behavioral reactions