



## **Outplacement Counseling**

### **The Problem:**

Losing one's job brings up issues of stress, confusion, self-doubt, and a myriad of other complications that inhibit the ability to seek out or engage in other employment.

### **The Solution:**

1. Identify stressors
2. Monitor and minimize stressors
3. Review, Evaluate, Construct and Utilize task plans for future success

### **Benefits to You:**

- Increased personal productivity
- Increased opportunities for future employment satisfaction
- Increased personal satisfaction
- Decreased stress & burnout
- Improved health
- Created sustainable task plans
- Increased efficiency