

Resources on alis for Dealing With Job Loss

Plan

Your Career

Explore

Education & Training

Look

For Work

Succeed

At Work

Losing a job can happen to anyone, at any time. It's one of the most stressful events you can face. But you don't have to deal with job loss on your own. These [Resources for Job Loss](#) and tips can help you take care of the basics and get you back on your feet.

Plan Your Career

- More than 550 [occupational profiles](#) that include education and, where applicable, certification requirements, employment outlook, typical working conditions, and wage and salary ranges. Many profiles include videos.
- [CAREERinsite](#) Interactive career-planning that allows you to explore career options based on your values, skills, abilities and interests, and discover type of work that's right for you.

Explore Education and Training

- [Explore School and Program Options](#) Learn about post-secondary options – how to apply for admission, paying for post-secondary, and resources for apprenticeship.



Look For Work

- [Coping With Change](#) Losing Your Job can affect every aspect of your life.
- [Dealing With Job Loss](#) Resources and tips to help you cope with the loss and successfully make the transition to looking for work.
- [Employment Insurance \(EI\)](#) Work-search links and how to apply for EI online.
- [Jobs in Alberta](#) Find thousands of job postings on alis, and sign up to be alerted by email when job postings that match your criteria are added, or when a job posting you are interested in nears submission deadline.
- [Leaving a Job Without Burning Bridges](#) Follow the guidelines outlined here.
- [Market Your Employability Skills](#) Transferable or soft skills are the fundamental, personal and teamwork skills you need to succeed in the workplace.
- [Moving On](#) These steps will help you discover what you want from your life and work now – and what you can do to make it happen.
- [Putting First Things First](#) Certain issues must be dealt with promptly – usually within 1 to 4 weeks of your layoff.

Resources on alis for Dealing With Job Loss

Look For Work (continued)

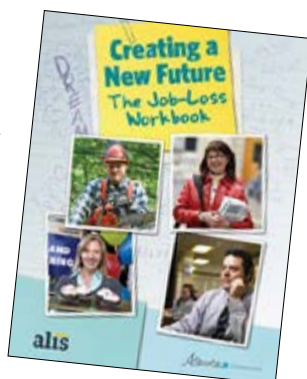
- [Requesting a Reference: Who and How to Ask](#) has useful tips about who to ask for a reference, and what to ask for.
- [Stay Positive During Your Work Search](#) Suggestions to help you through the challenges of searching for work.
- [Unavailable or Problem References? What You Can Do](#) offers helpful suggestions if you have weak references or don't have references.
- [Work Search Videos](#) Videos that answer common work search questions from "How do I write an effective resumé?" to "What should I do after an interview?"

Order Publications

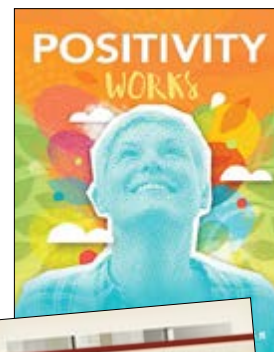
- [Change and Transitions: The Path From A to B](#) This book explores change and the emotional transitions and stresses that go with it, through examples, exercises, and practical tips.



- [Creating a New Future: The Job-Loss Workbook](#) Topics include negotiating a severance package, financial planning, coping, building a support network, retraining and work options.



- [Positivity Works](#) This book is full of exercises and tips to help you put positive attitudes and beliefs to work for you in the areas of goal setting, learning, and finding and keeping work. [PDF]



- [Stretch Your Dollars: Budgeting Basics](#) Get a clear picture of your income and expenses and get as much as possible from each dollar you have.



Alberta Supports Centres

Located throughout Alberta, these centres offer information on occupations, career options, finding work, and education programs and funding. You can talk to a career and employment consultant, use phone and fax machines, and computers for job searches or word processing.

