

CPS +45

## ToT: The Sacked Circle

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## The “sacked” circle

It's the emotional turmoil that usually goes with redundancy. It's a very common phenomenon. The unemployed must get out of this situation in order to be able to go on with his life and career.

## Phases of the circle

- \* **DENIAL:** It happens before he/she is fired; when the employee can't accept that he can be made redundant.
- \* **SHOCK:** The stronger the denial, the bigger the reaction of the employee when he is made redundant.
- \* **FEAR:** Fear of financial insecurity. Fear of the reaction of his/her family and the close environment.

## Phases of the circle

- \* **LOSS OF CONTROL:** Going to work every day and getting a monthly salary makes you feel you are in control of your life.
- \* **ANGER:** If you stay at this phase of the circle for a long time your anger and bitterness will be mirrored in everything you say or do from now on.

## Phases of the circle

- \* **HURT, REJECTION, HUMILIATION:** A less loud but definitely painful phase, is when anger turns inside you and may become destructive.
- \* **GUILT:** You feel you are useless. “How can I do this to my family ? How will we survive? Who might want to hire me again?”

## Phases of the circle

- \* **DEPRESSION:** If one sees himself withdraw, makes less phone calls, tells the same story again and again needs help to get over it.
- \* **EXHAUSTION:** Physical, psychological and emotional exhaustion – total, overwhelming exhaustion.

## Phases of the circle

- \* **RELIEF:** If things were bad and one feared he would get fired, when the time comes he/she might feel relieved. Even the people that go through all the phases of the circle will get to this point too. Only then is the unemployed ready to go on with his/her life.

## Phases of the circle

- \* **EXPLORE YOUR OPTIONS WITH AN OPEN MIND:** Compromising and getting comfortable in the same things are two of the greatest “killers” of an occupational career and life itself. The only obstacles in success and happiness can be outdated ideas and an untrained imagination.

## CONCLUSION

- \* Someone might have twice as much fun at his 50s and be twice as successful compared to when he was 25. If he stayed at the same job, he might get “burned” from boredom and get retired exhausted.
- \* The best way of coping is seeing that when a door closes another one, and maybe more than one, will open.
- \* As soon as someone manages his/her feelings and regains his positive attitude she/he will start looking for a new job.