

NAVIGATING FINANCIAL UNCERTAINTY

Conversations & Strategies for Stability



Impact of Layoffs on a Mid-Career Professional

CASE STUDY

Below is a composite story based on common experiences of individuals affected by a layoff. It is not a specific person's story but rather an anonymized example to illustrate the potential impacts and challenges faced by those in similar situations.

The following guide was created with the intention of:

Encouraging conversations about personal and financial needs during times of job loss.

Providing an opportunity to connect with supportive communities when facing uncertainty.

We recommend utilizing this guide with someone you trust. This can be done virtually, with participants taking turns answering each question.

JORDAN

Age: 42

Industry: Aviation

Role: Air Traffic Controller

Experience: 15 Years



Jordan had been working as an air traffic controller for a major aviation company. His role involved ensuring the safe and efficient movement of aircraft within assigned airspace, a job that required extensive training and experience.

Reason for Layoff: Company-wide restructuring to reduce operational costs

Immediate Impact: Loss of a steady income led to financial stress. Jordan had to use savings to cover mortgage payments, utility bills, and daily expenses.

Long-Term Concerns: Worry about depleting savings and the ability to fund children's education and retirement plans.

EMOTIONAL IMPACT

Initial Reaction: Shock and disbelief at the sudden job loss.

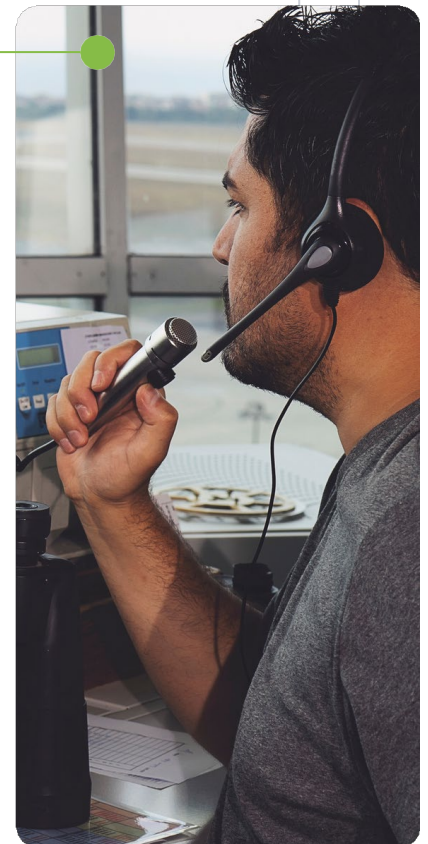
Ongoing Feelings: Anxiety about the future, loss of professional identity, and fear of prolonged unemployment.

Mental Health: Increased stress levels, difficulty sleeping, and occasional feelings of depression.

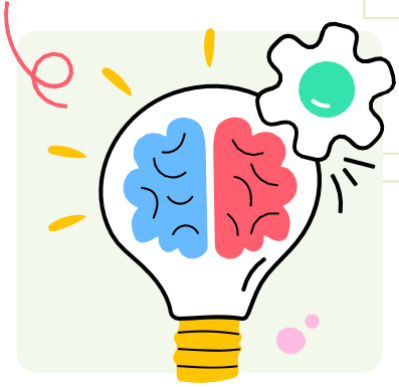
Spouse's Reaction: Concern about financial stability and increased pressure to contribute more to household income.

Children's Reaction: Worry about changes in lifestyle and potential impact on their education and activities.

Overall Impact: Increased tension and stress within the family, leading to more frequent arguments and emotional strain.



PROFESSIONAL IMPACT



Specialized Skills: Jordan's expertise in air traffic control was highly specialized, making it challenging to find equivalent roles outside the aviation industry.

Job Market: Competitive job market with limited openings in similar positions.

Resume Update: Jordan had to quickly update his resume and LinkedIn profile to reflect his skills and experience.

Job Applications: Applied to numerous positions, both within and outside the aviation industry.

Interviews: Faced multiple rejections and had to stay motivated despite setbacks.

Training: Considered additional certifications in related fields such as logistics and transportation management.

Online Courses: Enrolled in courses to enhance skills in project management and data analysis.

SUPPORT & RECOVERY

Job Placement Services: Utilized local job placement services for resume reviews, interview coaching, and job search strategies.

Employee Assistance Programs: Accessed counseling services to manage stress and emotional well-being.

Online Learning: Completed courses on platforms like Coursera and LinkedIn Learning to gain new skills.

Certifications: Earned certifications in project management and data analysis to broaden job prospects.

Professional Networks: Reached out to former colleagues and industry contacts for job leads and recommendations.

Industry Events: Attended virtual and in-person industry events to stay connected and informed about job opportunities.

OUTCOME

New Position: Project Manager in a logistics company

Responsibilities: Overseeing logistics operations, managing projects, and ensuring efficient supply chain processes.



QUESTIONS FOR REFLECTION



How does Jordan's job loss compare to your own (or others')? Does it bring similar feelings of shock or stress?

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Jordan relied on savings after the layoff. How has (or would) financial planning help you navigate job loss?

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How does emotional well-being impact job transitions? What strategies help manage stress?

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How do job losses affect home life? Have you seen changes in family roles or responsibilities?

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Jordan struggled with specialized skills. Have you faced (or feared) similar obstacles? How are you adapting?

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What job search strategies have worked best for you or others? How does networking compare to online applications?

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QUESTIONS FOR REFLECTION



Jordan pursued online courses to switch industries. Have you had to reskill? What approaches were most valuable?

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Jordan used job placement services and counseling. What resources have helped you during career transitions? What resources might be available to you now?

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Have you or someone you know turned a career setback into an opportunity? What made it possible?

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What key advice would you give to someone facing a layoff today?

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TAKING CONTROL

A Financial Wellness To-Do List

Prioritize self-care and give yourself time to process this challenging transition. Whether it's going for a walk, meditating, or watching a movie, taking time for yourself is essential.

Once you've given yourself time to process, make a plan to help ensure your short-term financial stability. Here are some **next steps** if you're not sure where to begin.

Make a list of your income and expenses to gain a clearer picture of your financial situation. GreenPath offers an interactive **Budgeting Worksheet** if you're starting from scratch.

Unsure where to turn for financial guidance? Free counseling can help you navigate your financial situation. Visit **GreenPath** or call to speak with a certified expert.

Find something to appreciate each day — keeping a gratitude journal can help, even if it's just noting small joys like a comforting cup of coffee or a favorite book.

Helpful Resources

Whether you're seeking unemployment benefits, job search assistance, skills training, or support for basic needs like food and energy, the following resources can provide valuable support.

Unemployment Benefits (file a claim)
[careeronestop.org](https://www.careeronestop.org)

Federal Employee Education & Assistance Fund
[feea.org](https://www.feea.org)

Job Search
[linkedin.com](https://www.linkedin.com) & [indeed.com](https://www.indeed.com)

Skills Training
[udemy.com](https://www.udemy.com) & [coursera.org](https://www.coursera.org)

Food Banks
[FeedingAmerica.org](https://www.feedingamerica.org)

Energy Assistance
[liheap.org](https://www.liheap.org)

Mental Health Support
[findapsychologist.org](https://www.findapsychologist.org)

Crisis Lifeline
[988lifeline.org](https://www.988lifeline.org)