



FINDING
WORK
- without -
LOSING
HEART

BOUNCING BACK FROM
MID-CAREER JOB LOSS

WILLIAM J. BYRON, S.J.

Finding Work Without Losing Heart Bouncing Back From Midcareer Job Loss

David Baud



Finding Work Without Losing Heart Bouncing Back From Midcareer Job Loss:

Finding Work Without Losing Heart William J. Byron,1995 **Recovering from Workplace PTSD (Third Edition)**

Kevin William Grant,2021-01-29 Stress anxiety depression trauma bullying and burnout have all become accepted realities of the modern workplace This book will unpack contemporary workplace realities educate you about PTSD and help you build your personalized recovery plan for transformation and recovery This recovery program has seven core purposes Validate your current situation This recovery program begins by validating your experiences and breaking through any denial you may be experiencing by examining all the ways you could be traumatized at work Identify your realities Once you understand how you ve been traumatized you ll learn about how PTSD develops and how to break through the defenses that protect you from the painful experiences you re facing Understand workplace PTSD Armed with a deeper understanding of what PTSD is how it develops and how you react to trauma you will be able to identify the support you ll need to heal and recover Build your recovery team and develop your action plan Useful tools and techniques will help you connect with and build your team of support professionals and advocates Once you begin working with your team you ll start the recovery process by acquiring a set of skills and techniques to help you weather the storm and begin healing Grieve mourn and let go Recovery will take you on a journey of grieving mourning and letting go which will transport you to a new sense of calm and acceptance I ll break down this journey into the stages you ll travel through to get to the other side Come to terms with and recover from the impact of the COVID 19 Pandemic The COVID 19 global Pandemic has left a lasting impact on all our lives I will review the Pandemic s mental health physical health and social implications with tools and techniques that will help you manage the trauma and stress the Pandemic brings

Recovering from Workplace PTSD Kevin William Grant,2019-12-03 Second Edition updated revised and expanded Stress anxiety depression trauma bullying and burnout have all become accepted realities of the modern workplace This book will unpack contemporary workplace realities educate you about PTSD and help you build your personalized recovery plan for transformation and recovery This recovery program begins by validating your experiences and breaking through any denial you may be experiencing by examining all the ways you could be traumatized at work Once you understand how you ve been traumatized you ll learn about how PTSD develops and how to break through the defences that protect you from the painful experiences you re facing Armed with a deeper understanding of what PTSD is how it develops and how you react to trauma you will be able to identify the support you ll need to heal and recover

Recovering from Workplace PTSD Workbook Kevin William Grant,2019-12-04 Edition 2 Revised expanded and updated Stress anxiety depression trauma bullying and burnout have all become accepted realities of the modern workplace This recovery workbook will help you unpack your workplace realities educate you about PTSD and help you build your personalized transformation and recovery plan Each exercise in the workbook walks you through a process of self reflection and self discovery to help you understand and make sense of your situation Recovering from PTSD is a step by step process

Whether you want to make a change in the next couple of months or the next few years this workbook is designed to help you achieve the following Explore your PTSD recovery options creatively Identify and understand the triggered emotions that surface with your PTSD symptoms Define what you need in your work environment to feel healthy and happy Outline your recovery action plan and recovery steps Learn how to research local support professionals

The Couple's Retirement Puzzle Roberta Taylor RNCS, M.Ed, Dorian Mintzer M.S.W., Ph.D, 2014-08-05 The essential retirement planning book including the ten key conversations couples should have to create a happy healthy and successful retirement Retirement can be the best time of your life but for couples there s far more to it than cashing in on your 401 k The most important asset you have during retirement is each other yet many couples aren t sure where to begin or how to plan for retirement The Couple s Retirement Puzzle reveals the ten key conversations couples should tackle before retirement to ensure a rewarding second half of life together including Do we have enough money to support the lifestyle we want Should we retire simultaneously or separately Do we stay put or explore new frontiers How will we balance time together and time apart And more Filled with smart practical advice engaging anecdotes and helpful exercises The Couple s Retirement Puzzle is a marriage book for couples that will guide you and your partner to a fulfilling happy retirement you can enjoy and celebrate together

Zen and the Art of Making a Living Laurence G. Boldt, 1999-05-01 The most innovative unconventional and profoundly practical career guide available newly revised and updated With today s economic uncertainties millions of Americans realize they must seize control over their own career paths They want work that not only pays the bills but also allows them to pursue their real passions In this revised edition Laurence Boldt updates and revises his revolutionary guide to meet the challenges of the twenty first century workplace The first part of this book helps readers to identify the work that they really want to do while the second provides practical active steps to finding or creating that work Zen and the Art of Making a Living goes beyond inspiration providing a proven formula for bringing creativity dignity and meaning to every aspect of the work experience

First Responder Trauma Recovery Guide and Workbook (First Edition) Kevin William Grant, 2021-07-14 Stress anxiety depression trauma post traumatic stress disorder PTSD bullying and burnout have all become accepted realities for first responders in the modern workplace This workbook unpacks contemporary workplace realities educates you about trauma and helps you build your personalized recovery plan for transformation recovery and healing This recovery program has eight core purposes Validate your current situation This recovery program begins by validating your experiences and breaking through any denial you may be experiencing by examining all the ways you could be traumatized at work Identify your realities Once you understand how you ve been traumatized you ll learn about how trauma develops and how to break through the defenses that protect you from the painful experiences you re facing Understand workplace trauma Armed with a deeper understanding of what trauma is how it develops and how you react to trauma you will be able to identify the support you ll need to heal and recover Build your recovery team and develop your

action plan Useful tools and techniques will help you connect with and build your team of support professionals and advocates Once you begin working with your team you ll start the recovery process by acquiring a set of skills and techniques to help you weather the storm and begin healing Grieve mourn and let go Recovery will take you on a journey of grieving mourning and letting go which will transport you to a new sense of calm and acceptance I ll break down this journey into the stages you ll travel through to get to the other side Maintain your recovery Finally I ll share helpful ways to maintain your recovery manage setbacks with compassion and track your progress so you can proactively navigate the inevitably choppy waters as you continue your healthy and productive recovery Adapt and adjust to the impacts of the COVID 19 Pandemic The COVID 19 global Pandemic has left a lasting impact on all our lives This section will review the Pandemic s mental health physical health and social implications with helpful tools and techniques to help you manage the trauma and stress the Pandemic brings In addition gems of wisdom and learnings within the research literature will help you navigate the Pandemic and Post Pandemic worlds effectively Learn interactively with workbook exercises Workbook exercises will help you digest the content reflect on your situation learn from that reflection and incrementally create a personalized recovery plan Each exercise in the workbook walks you through a process of self reflection and self discovery to help you understand and make sense of your situation First Responder Careers Expose Individuals to Higher Risks of Developing Trauma Some careers include a higher likelihood of experiencing traumatic events that can lead to the development of PTSD Serving in the military is a high risk factor for developing PTSD However combat veterans develop PTSD at different rates depending on the severity and length of exposure to traumatic experiences There are also high incidences of reported sexual harassment and sexual abuse in the military As a result the rates of PTSD are relatively high compared to the overall prevalence in the general population Not only can law enforcement officers experience direct threats and stressful conditions but they also regularly witness the devastating effects of assaults robberies kidnappings and violent events However individuals in this profession have lower than expected rates of PTSD surprisingly An estimated 20 percent overall may result from having access to counseling and rigorous pre employment screenings EMTs and paramedics are routinely exposed to life threatening incidents and have more health problems than individuals in other occupations PTSD rates in this group are as high as 20 percent PTSD prevalence in this profession is comparable to law enforcement Firefighters conduct paramedic activities and are the first responders to natural disasters Firefighting is a dangerous profession that exposes workers to stressful conditions and traumatic events ranging from threats to their safety and experiencing the devastating effects of catastrophes As a result the prevalence of PTSD in this group can be as high as 20 percent Volunteer firefighters may have even higher rates because they don t have access to the same level of support as career firefighters Healthcare workers especially those working in emergency rooms and intensive care units are also at higher risk For example nurses working in critical care units are more likely to develop PTSD than nurses in other groups In addition while senior level nurses report fewer PTSD

symptoms than junior ones they report higher rates of burnout Finally healthcare workers exposed to patients that have experienced violence such as an assault victim are more likely to develop PTSD than surgeons who treat assault victims Rescue workers medical workers and volunteers who act as first responders during disasters witness the aftermath of horrific events and can even become involved in severe traumatic events The prevalence of PTSD in these individuals has been estimated to be between 15 and 30 percent Journalists who work as war correspondents are at higher risk of being injured killed or kidnapped Their lifetime prevalence of PTSD which can be as high as 30 percent reflects their lack of access to support and PTSD treatment options Transit and train operators are frequently exposed to physical threats and witness suicide incidents such as person under train events Exposure to these traumatic and threatening circumstances can be a daily or weekly occurrence Bus drivers are more prone to PTSD because they have more direct contact with the general public than train drivers locked in secure train cabs In these high risk professions the incidence of trauma declines when policies are in place to debrief victims give victims immediate access to counseling and screen for individuals at high risk of having adverse reactions to traumatic conditions

Leaving the Priesthood Robert Barzan,1996 **Take Courage** William J. Byron,1995 The relevance of religion in the lives of unemployed faith in God and in self with prayerful guidelines and images

Career Renewal Stephen Rosen,Celia Paul,1998 This guide will help you find a satisfying career in today's market It includes numerous assessment surveys identifies career resources for professional networking outlines how to write a winning resume and features numerous personal case histories of those who have successfully made the transition from academia to the business world The authors step by step techniques have been field tested on thousands and will help you to discover new career perspectives

Fundamentals of Psychotherapy Kevin William Grant,2023-11-05 Foundations of Psychotherapy Essential Skills that Bridge Theory and Practice is an essential textbook and guide for psychotherapists psychologists educators social workers and mental health professionals at every level It is a comprehensive resource that delivers practical advice and pragmatic wisdom for those committed to supporting mental well being in themselves and others The following topics are explored Successful and Unsuccessful Therapeutic Outcomes Understanding what factors contribute to the effectiveness of therapy sessions Roles in Mental Health A detailed overview of the distinct functions and approaches of counselors psychotherapists social workers psychologists and psychiatrists Effective Communication Techniques and insights on persuasion enhancing self esteem building confidence delivering feedback and navigating conflicts within therapy Navigating Emotions in Therapy Explorations into emotion focused therapy managing complex feelings like guilt and shame and balancing empathy and emotional resilience Mindfulness in Practice Core elements benefits and mindfulness techniques that can be integrated into therapeutic practice Depth Therapy and Root Causes Examining psychodynamic therapy and strategies to address resistance explore therapeutic choices and tackle cognitive biases Building Self Esteem and Confidence Insights into fostering these essential qualities through psychotherapy Psychological

Development and Life Transitions Understanding how to navigate through various stages of life and the emotional challenges they bring Relationship Challenges Addressing issues such as dating anxiety loneliness and the psychological impacts of manipulation within relationships Intimacy and Attachment The significance of attachment styles childhood trauma and maintaining intimacy and passion Grief and Loss Guidance on processing mourning navigating breakups and moving forward Stress and Anxiety Management Strategies for managing stress and anxiety including cognitive behavioral therapy and mindfulness Toxic Workplaces Identifying and coping with the stressors of an unhealthy work environment and the broader implications of the Great Resignation Abuse and Trauma Addressing and overcoming the impacts of abusive relationships and trauma including narcissistic abuse and intergenerational trauma COVID 19 Pandemic Psyches Analyzing the mental health impacts of the pandemic including chronic stress and mass trauma Climate Change Global Tensions and Mental Health Discussing eco anxiety the psychological effects of air pollution and the impact of global tensions on mental health This resource offers an essential foundation for anyone seeking to understand or practice psychotherapy providing a rich tapestry of theoretical knowledge complemented by practical tools and interventions

The Executive Job Search: A Comprehensive Handbook for Seasoned Professionals Orrin Wood, 2003-03-22 The indispensable guide for executives in search of a soft landing The groups hardest hit by the most recent wave of downsizings have been upper and middle management People with 10 or more years on the job much or all of it spent at one company are particularly unprepared for the rigors of today's job market The Executive Job Search shows these professionals how to take charge of their searches and land the jobs of their dreams Career expert Orrin Wood shows job seekers how to Determine their job goals so they can conduct a highly focused search Improve their attractiveness to potential employers Optimize their interviewing skills Mine the contacts they've built up over the years for an effective networking campaign Explore alternative career options and plan for the future Readers will also find a gold mine of checklists and sample forms and documents including sample resumes cover letters interview scripts and more

Life Coach Handbook (Second Edition) Kevin William Grant, 2022-04-30 Second Edition This textbook covers the fundamentals of setting up a coaching business I share tools and techniques that will assist you in launching and running your thriving coaching business I approach this topic from coaching psychology counseling marketing and corporate management perspectives The following foundational coaching resources are covered in this handbook Context Background information research findings theory and contextual material that will give you the background you need Guidelines Best practices that will streamline your coaching processes and guarantee you deliver high quality coaching services to your clients Planning Critical planning and decision making techniques to rapidly optimize your coaching business Records Best practices for professionally documenting coaching information such as notes records intake agreements questionnaires and feedback Skills Core coaching skills techniques and tips so you can get certified launch your coaching business and start immediately Mental Health Insights context and tools that will ensure you take into account

manage and appropriately refer clients with mental health issues Business Foundational knowledge needed to run your business manage financials market your services effectively create your brand and build your Internet presence Exercises Proven techniques that will generate immediate success by jumpstarting the coaching process with your clients Forms Sample forms and business documents you can adapt and tune to your specific coaching practice Tools Smart tools that will help pinpoint particular client issues so you can make informed empathetic and professional coaching decisions **How to Get a Job in New York City and the Metropolitan Area** Robert Sanborn,Eva Lederman,1998 *Careers in Criminal Justice and Related Fields* J. Scott Harr,Kären M. Hess,2006 This book provides students with the necessary information to help them enter the field of criminal justice from finding a criminal justice internship all the way to locating the right criminal justice profession for them It also helps students develop a job search strategy offering information on internship requirements professional conduct resumes interviews and locating jobs It is also a valuable resource to those in the field who are interested in professional development job change and promotional advancement To reflect the changes to the new edition the title has been changed from SEEKING EMPLOYMENT IN CRIMINAL JUSTICE AND RELATED FIELDS to CAREERS IN CRIMINAL JUSTICE AND RELATED FIELDS FROM INTERNSHIP TO PROMOTION Fifth Edition **Seeking Employment in Criminal Justice and Related Fields** J. Scott Harr,Kären M. Hess,2000 This book provides students with extensive information on the wide range of Criminal Justice professions It also helps students develop a job search strategy and provides information on resumes interviewing techniques and finding jobs *Career Change* David P. Helfand,1999-06 Topics include adult development layoffs firings voluntary separations fears self esteem women at work minorities over age 50 people with disabilities ex military personnel How to Get a Job in Southern California Robert Sanborn,Naomi Sandweiss,1999 The names and addresses of 1 500 employers in over 40 fields information on 200 hard to find network groups and hundreds of insider tips and Web sites make this a must have job hunting tool Illustrations **How to Get a Job in Dallas and Ft. Worth** Robert Sanborn,Richard Citrin,1998-02 How to Get a Job in Seattle and Western Washington Robert Sanborn,Marc D. Snyder,1998 From job hunting on the Internet to handling office romance this book covers it all If your goal is a rewarding career in Seattle the Pacific Northwest or even Portland Oregon this book can help you find and land the job you want You ll find virtually all of the major employers between these covers with the information you need to make contact

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