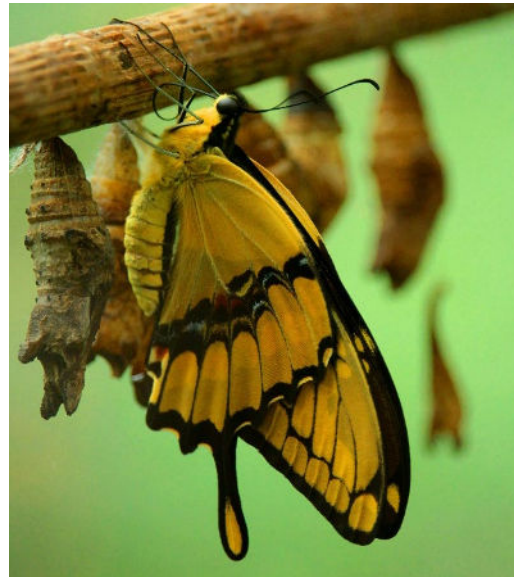


Coping and navigating job loss and change



=mc Learning

Yvette Gyles & Laura Slater

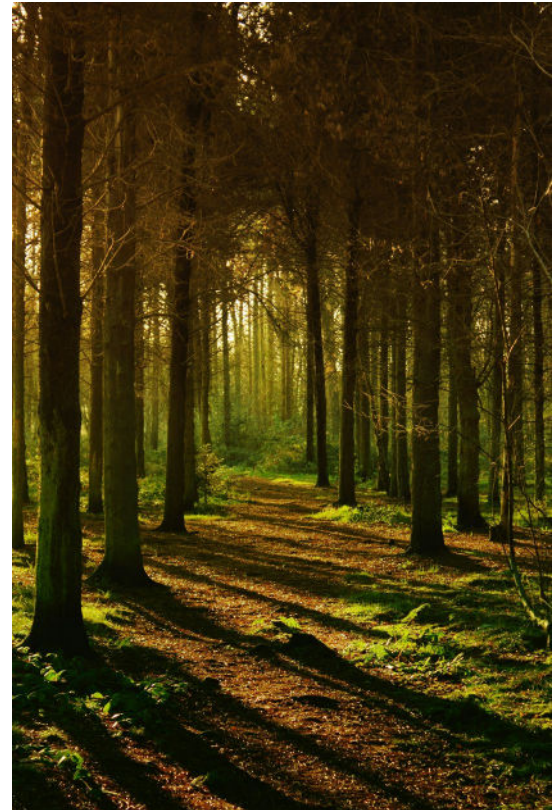
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Agenda

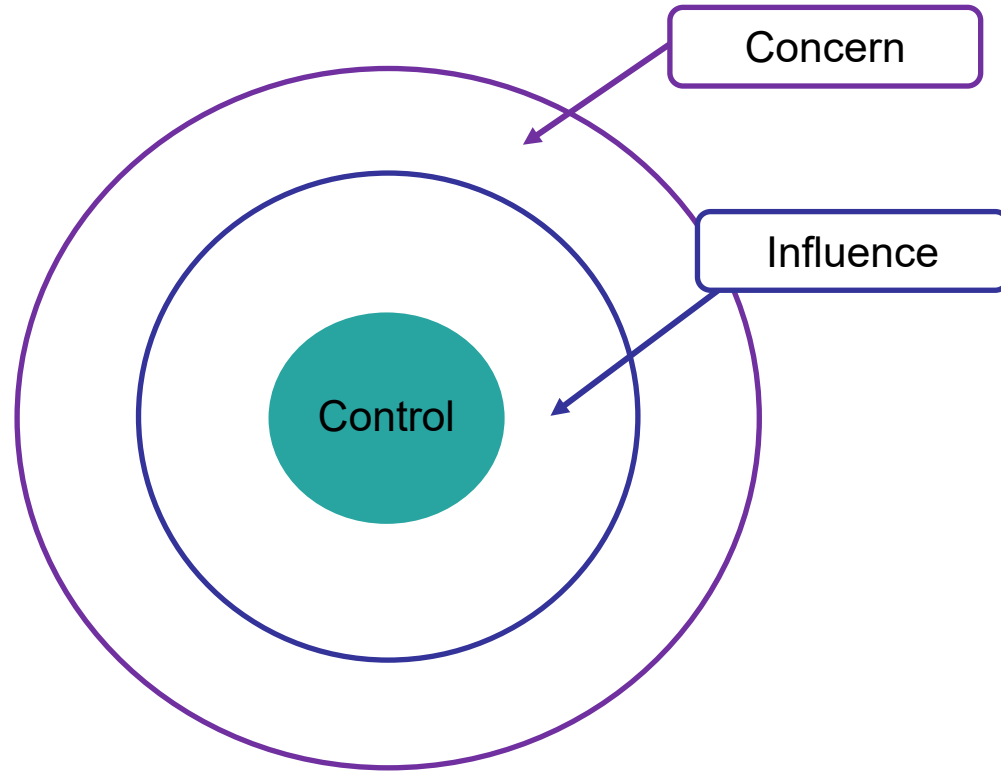
Understanding our
emotions

Exploring obstacles and
options

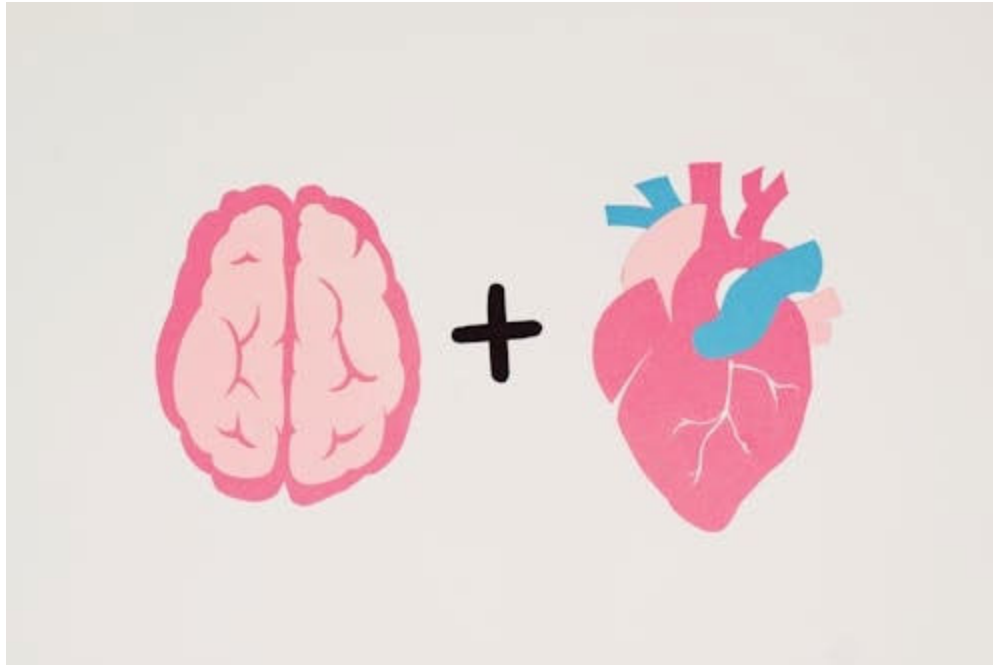
Nurturing resilience



What we can and can't do



You are human



You are human



+ SWOT Analysis -

INTERNAL

Strengths

- What am I good at?
- What competencies do I have?
- What useful experience do I have?
- What achievements have I had?
- What other skills do I have?

Weaknesses

- What am I not good at?
- What competencies do I lack that would be useful?
- What am I inexperienced in?
- What other skills do I lack?

EXTERNAL

Opportunities

- What potentially positive opportunities does this situation give me?
- What will get me closer to my goals?
- Are there ways to make this a better process? What other options do I have?

Threats

- What are the negatives I must address?
- What high risk activities am I involved in?
- Are there situations threatening my values?
- Is there anyone who doesn't value my competencies?



Prioritise

- What strengths can support me in this situation?
- Which weakness can I work on to make myself future proof?
- What opportunities must I grasp?
- Which threats must I face?



Energy check

1. Family
2. Leisure and social activities
3. Personal development
4. Health
5. Attitude
6. Career
7. Finance
8. Spiritual



Reflect

- Which Energy Areas can I control at the moment?
- Which ones will support me the most?
- What one thing could I do to improve these Energy Areas?



Take time to take action



- How are you feeling at the moment?
- What is within your control? What can you influence?
- Do the SWOT
- Check your energy

Find out more



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The 7 Challenges of Change

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When organisations are experiencing change, we're often called upon to help smooth the transition using various tools, techniques and training programmes to address the challenges. So you'd think that now things are changing here at =mc, we must be excited, full of beans and finding it all plain sailing, right?

Not exactly. Just because we *understand* change and are very clear on *how* to manage it, that doesn't mean we find it *easy*. Like you, we have our own wobbles and concerns and have to work hard to support each other and actually *use* the tools we teach to others when the change-fears creep in. We're human after all!

So what we have learnt?

Over the last few months, the following insights have proven extremely helpful – 7 common change challenges, and what to do about them:

Contact us

You might also be interested in



[Leading and Managing Change](#)



[One-to-One Coaching](#)



Get in touch



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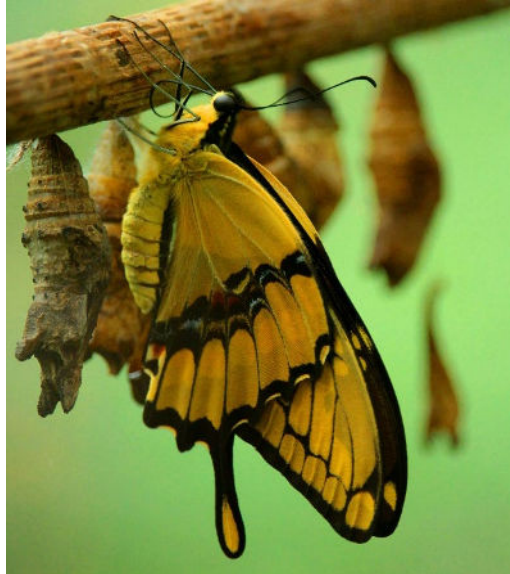
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Coping and navigating job loss and change



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