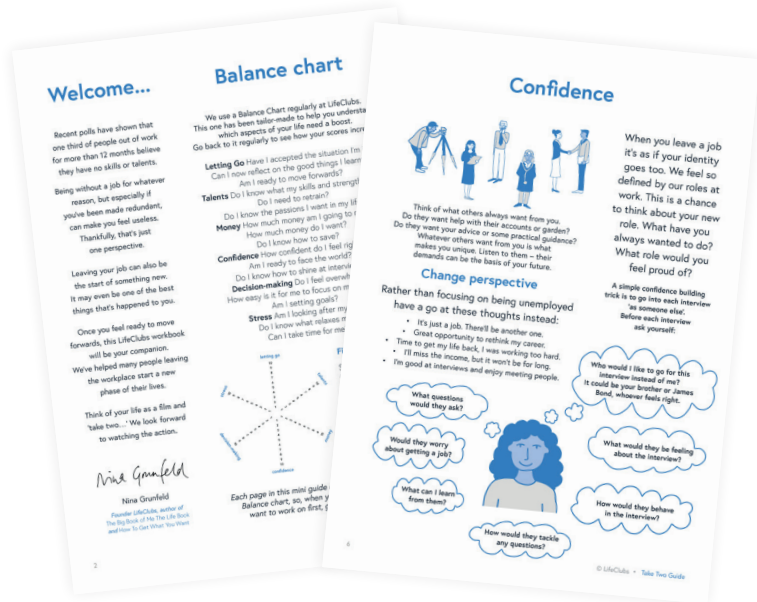


Making redundancies



We understand that it's hard to make people redundant and that, as HR professionals, you're keen to ensure that you're giving your employees the emotional support to feel equipped for their next chapter.

Using our positive psychology approach, we've had years of experience in supporting individuals during unemployment and helping them not only to find their next 'home', but to confidently thrive in their next career.

Now we've created a tiered programme, that's affordable, practical and inspiring, for you to give any departing employees. It will give them the necessary tools and reassurance they'll need in order to take their next steps.

Just scroll down to see how we can help you...



I now have structure around life goals and how to achieve these goals plus more inspiration and motivation.

LifeClubs outplacement participant

What we can offer you...

Our menu of uplifting products has been designed to help those leaving your organisation to feel both emotionally supported and more equipped for the next chapter.

We have created 3 packages allowing you to choose the package most appropriate for your departing colleagues and your budget.

<p>Downloadable workbook – 'Take two' to help participants find their purpose</p>	<p>A mixture of reflective & actionable exercises sent via email in a downloadable PDF format. This will introduce participants to learn:</p> <ul style="list-style-type: none">• Their own unique talents, skills, passions and purpose.• Tips on how to accept their situation.• Strategies to build confidence.• Basic money and stress management... and more.
<p>Pre-recorded audio workbook guide to help participants find their purpose</p>	<p>Supported by a friendly voice from LifeClubs, participants are given further ideas and inspiration as to how to get the most out of the exercises in their 'Take two' workbook, whilst being motivated to complete the workbook and start thinking differently. The guide is a supplementary component of the workbook and will be sent as a downloadable audio file (30 minutes).</p>
<p>Live facilitated webinar</p>	<p>This 3-hour session will deep dive into three key aspects of finding a future career. Participants will:</p> <ul style="list-style-type: none">• Discover the issue that is really holding them back and how to get through it – and all further issues.• Explore their personal values in order to align these with future career options.• Take stock of their network to explore how their connections can be of assistance and learn how to make new ones <p>A practical, challenging and interactive online workshop led by an experienced LifeClubs facilitator.</p> <p>The workshop will have personal reflective exercises as well as group discussion.</p> <p><i>Spoken group discussion in groups of 12 and under. Larger groups hosted via chat pod.</i></p>



I feel more valued and thought of. It's been good to have time out for me.

LifeClubs outplacement participant

1:1 Coaching	<p>Coaches provide an external and confidential space for participants to uncover any underlying worries and work through mental barriers to finding new work/leading the life they want to lead. In the three coaching session package, participants will:</p> <ul style="list-style-type: none"> • Explore their purpose so they can feel self assured and motivated going forward. • Set and achieve realistic goals. • Have their own cheerleader to enable them to feel emotionally supported & empowered. <p>Starter pack: 3 x 50 minute sessions (add more as needed). <i>Completed as phone/Zoom etc. calls and arranged privately at the convenience of participant & LifeClubs coach.</i></p>
Downloadable PDF guide – CV writing	Useful resource for your colleagues to help them understand the requirements of writing a comprehensive & eye-catching cv as well as tips & tricks for highlighting their own unique qualities and skills.
Downloadable PDF guide – Cover letter writing	Useful resource for your colleagues which will enable them to understand the requirements of a compelling cover letter and give them techniques to suitably highlight their personality and interest the reader.

	Package 1	Package 2	Package 3
Downloadable PDF workbook – 'Take two'	✓	✓	✓
Pre-recorded audio 'Take two' workbook guide	✓	✓	✓
3-hour live facilitated webinar		✓	✓
1:1 Coaching			✓

To find out more, visit our website, lifeclubs.com.

If you're making up to 25 redundancies you can buy through our online shop, shop.lifeclubs.com.

For more than 25 please get in touch as discounts are available.

Email michaela@lifeclubs.co.uk or call 07852 333099.

** All prices are flexible depending on your resources. If you are supporting a large number of employees, we will adjust our prices accordingly. Just give us a call and we'll help as much as we can.*



I have insight into how to deal with change in my working life.

LifeClubs outplacement participant