

Beyond the Resume

A Playbook for Navigating the Identity Crisis of Professional Job Loss

As a Human Resources, Union, or Career Services professional, you manage the critical logistics of career transitions. You provide the severance packages, the outplacement support, and the grievance representation. But what happens when a talented professional is too paralyzed by shame, anger, or a crisis of identity to move forward?

A sudden job loss, particularly for a high-achieving professional, is more than a career setback—it's a direct blow to their identity. Their role was intertwined with their sense of self-worth, and now they feel lost. This is the hidden roadblock that traditional support services are not equipped to address, leaving your client or member "stuck" and unable to engage productively in their own future.

Our coaching provides the specialized intervention to resolve this identity crisis. We work "beyond the resume" to do the deep mindset work required to turn a contentious separation or a traumatic layoff into a constructive new beginning.

Our Framework - A Three-Phase Process for Rebuilding Professional Identity

Our coaching framework provides a structured, confidential space for professionals to process their job loss and rebuild their confidence from the ground up.

Phase 1: Acknowledge & Process

We create a safe, non-judgmental space for clients to process the raw emotions of job loss—the anger, the grief, and the profound shame of losing a career they may have rated a "10/10". This foundational step is essential for clearing the emotional debris so they can begin to think clearly about the future.

Phase 2: Re-Align & Re-Discover

We guide clients to separate their intrinsic worth from their former job title. Using our **Rulebook Method**, we help them dismantle the "Old Rule" that "My job title is my identity." Through targeted exercises, we help them re-discover their core values, identify their most powerful transferable skills, and re-align with what truly gives them a sense of purpose.

Phase 3: Re-Engage & Re-Build

With a renewed sense of self, we help clients craft a new, forward-looking career narrative. Applying **The Heroic Lens**, we reframe their job loss not as a failure, but as a pivotal "Act 2 plot twist" in their professional story. We then build a practical action plan that empowers them to re-engage with the job market not as a victim of circumstance, but as a confident, resilient professional ready for their next chapter.

The Lived-Experience Advantage

This framework is not a theory; it is the blueprint I used to rebuild my own life. My credibility is grounded in a verifiable, multi-faceted process and a commitment to the highest professional standards.

- **Validated Process:** My own journey involved the sudden loss of a high-status career as a Powerline Technician, a termination for cause, and a subsequent grievance process supported by the Power Workers' Union. My rebuilding was a rigorous, documented process that included deep psychological assessments to understand the root causes of my self-sabotaging behavior, including underlying, undiagnosed ADHD.
- **Proven Resilience & Accountability:** I have not only rebuilt my career once, but twice. My success in rapidly advancing to a Store Manager role with full operational responsibility is the real-world proof that this playbook works. I am now formalizing this expertise through ICF-accredited coach training.

A Holistic Approach - Supporting Your Role

We understand the complexity of your position. Our coaching is designed to make your job easier and your outcomes more successful.

- **For HR & Union Reps:** We provide a humane and effective resolution for departing employees, reducing acrimony and demonstrating a profound commitment to the individual's well-being.
- **For Career Services & EAP Professionals:** We are the specialists who can get your clients "unstuck" from the emotional and identity-based blockers, preparing them to fully engage with your practical guidance and clinical support.

Let's Connect.

Let's have a brief discussion about how our specialized coaching can serve as a high-value resource for your organization, helping you provide a more holistic and effective transition for the professionals you serve.