

INSPIRATIONAL PHOTOS

These photos were collected from the Laid Off Calgary Facebook group (<https://www.facebook.com/groups/1699692680268327/>). Join the group, and prepare to be inspired!

Note: The first photo is the pinned post from Laid off Calgary founder Bianca Sinclair that discusses guidelines for the Facebook group.

PHOTO

Laid Off Calgary Facebook Group Guidelines

 BIANCA SINCLAIR · WEDNESDAY, OCTOBER 19, 2016

Welcome everyone!

I would like to clarify the aims of the group. The main intention is for support!

The group is primarily intended for people who are laid off and job searching in Calgary. It's a place where people can process their lay-off experience, share their job-search journey with one another, learn specific stress management and mindfulness skills as well as opportunities for job search tips and networking.

This initiative - Laid Off Calgary was founded voluntarily by Bianca Sinclair. Laid Off Calgary continues to be supported by other volunteers now including our awesome volunteer page moderators, coaches, social workers, psychologists, recruiters and other for-profit and non-profit organizations - all with a big heart and the goal of sharing.

Members of the group may also meet weekly - or as often as they wish! rRegistration is required in advance for these free, professionally facilitated meetings, each week has a different theme. **To register for a meeting visit [eventbrite.com](https://www.eventbrite.com) and search for "Laid Off Calgary"**. Add yourself to the waitlist in eventbrite if a meeting is full and we will contact you if a space opens up.

If you're feeling distressed and need to talk with someone right now here is the 24 hr Distress Centre number in Calgary at 403.266.HELP (403-266-4357). This is an incredible resource and you can call as often as you need. Just having someone to vent to is very helpful and they also have current information on available resources.

laidoffcalgary.ca also provides more info and resources (note: this site is currently under development, bear with us!)

Laid Off Calgary is a non profit self help group. It's a great group to share and learn a few things and get ideas on how to help.

This group is a closed/private facebook group. You may see posts from this group within your own newsfeed but your facebook friends (who aren't members of this group) will not be able to see yours or anyone else's posts in this facebook group.

We ask that members:

- Respect confidentiality and anonymity
- Post things only related to the group and group objectives
- Choose encouragement and compassion over judgement
- Respect others thoughts and ideas

In the Laid Off Calgary facebook page and support group there is :

- **No judgement**
- **No soliciting**
- **No selling**

[This applies to both the in-person meetings and the facebook group].

I welcome knowledge sharing of resources/workshops that would be relevant for the group - there will opportunity to put these on the whiteboard during group times and members are free to capture what's relevant for them, or you can contact me if you are unsure about whether to post or not. Please keep in mind this is an evolving resource in Calgary and this is provided free to you, and from my own initiative. If you have some feedback relevant to the administration of the group or hosted meetings/workshops, I would love to hear from you.

Thanks again for signing up for the group and respecting and supporting one other.

p.s. Bianca can also be reached by private email to laidoffcalgary@gmail.com

PHOTO

LEARN

SHARE

COMMUNITY AGREEMENTS

As a Laid Off Calgary participant we agree to:

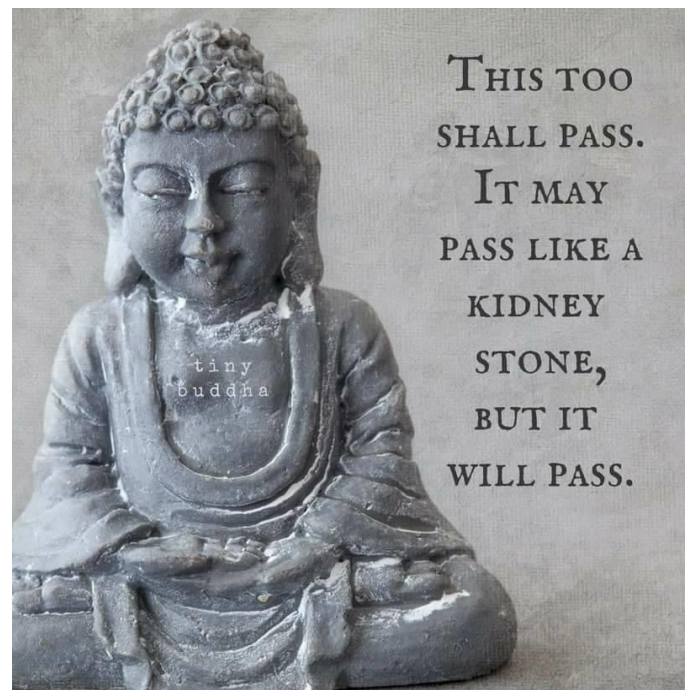
- maintain confidentiality
- be respectful
- listen to each other and ourselves
- share from our own experience
- find the positive
- ask for resources if needed

CONNECT



LAIDOFFCALGARY.CA

PLEASE NO SELLING, SOLICITING, NO JUDGEMENT
(CHECK YOUR FACEBOOK MESSAGES FOR A NOTE
FROM OUR FRIENDLY VOLUNTEER MODERATORS)



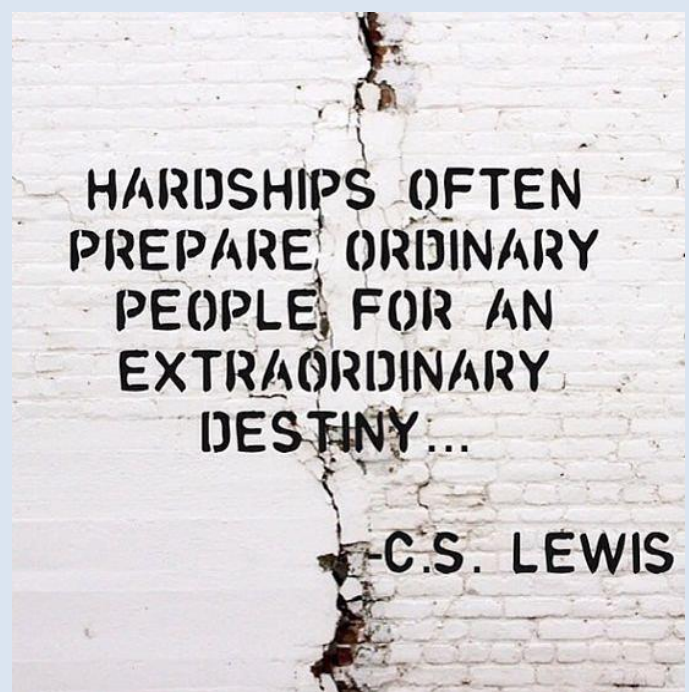
12 STEPS TO HAPPINESS

 <p>Thank</p> <p>Thank someone and be appreciative toward your colleagues, every single day.</p>	 <p>Experience</p> <p>Experience new things, try stuff out, and let people run all kinds of experiments.</p>
 <p>Give</p> <p>Give something to another person or make it possible for others to offer gifts.</p>	 <p>Hike</p> <p>Hike outdoors, enjoy nature, and allow people an escape from the office and the city.</p>
 <p>Help</p> <p>Help someone who is in need of assistance, or enable colleagues to help each other.</p>	 <p>Meditate</p> <p>Meditate and get people to learn and adopt mindfulness practices.</p>
 <p>Eat Well</p> <p>Eat well, and make good, healthy foods easily available for everyone.</p>	 <p>Socialize</p> <p>Socialize, relate to other people, and make it easy for colleagues to develop connections.</p>
 <p>Exercise</p> <p>Exercise and work out regularly and make it easy for people to take care of their bodies.</p>	 <p>Aim</p> <p>Aim for a goal and get people to understand and realize their own purpose.</p>
 <p>Rest</p> <p>Rest well, sleep sufficiently, and enable colleagues to refresh their minds.</p>	 <p>Smile</p> <p>Smile whenever you can, appreciate humor, and get colleagues to engage in fun activities.</p>

management30.com

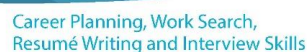
MANAGEMENT 3.0

CHANGE AND INNOVATION PRACTICES

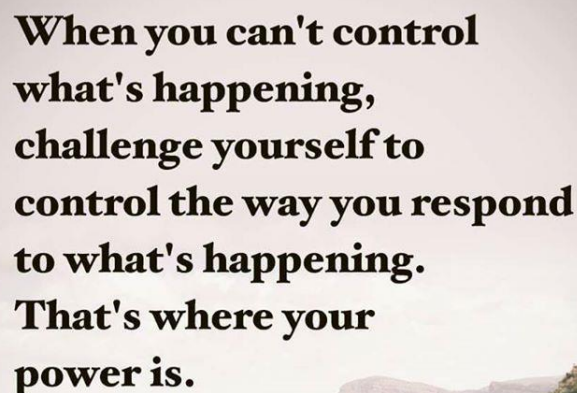


Employment Toolbox

- *Buddha*



Canada Alberta



PHOTO

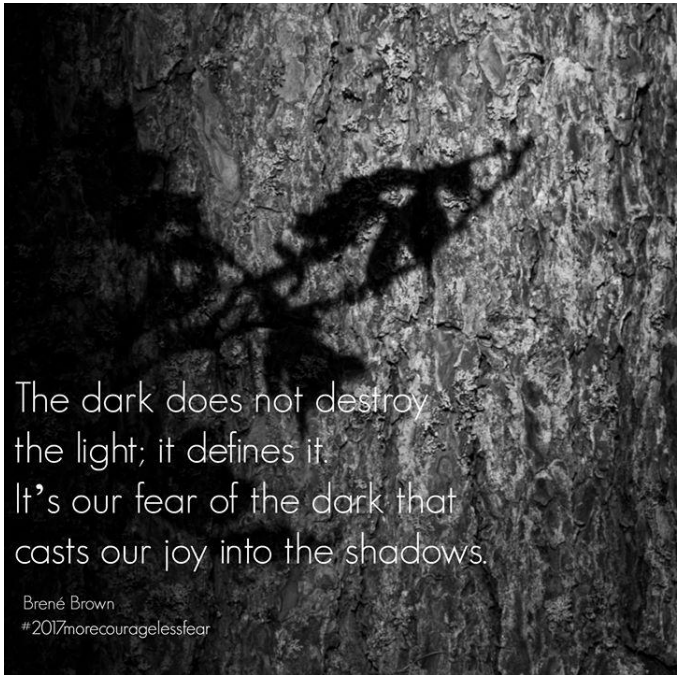
Sometimes there is no way to get over something.
You have to go through it instead.
A new view of life awaits on the other side.



bronnieWare.com

The dark does not destroy
the light; it defines it.
It's our fear of the dark that
casts our joy into the shadows.

Brené Brown
#2017morecouragelessfear



WHEN EVERYTHING SEEMS
TO BE GOING AGAINST YOU,
REMEMBER THAT THE
AIRPLANE TAKES OFF
AGAINST THE WIND,
NOT WITH IT.
HENRY FORD

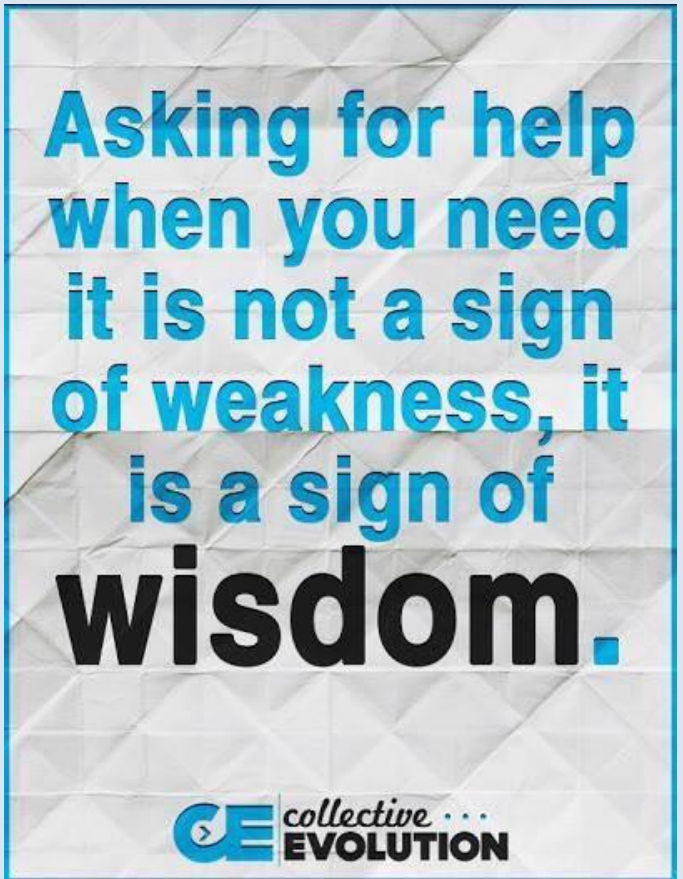


GreenRope

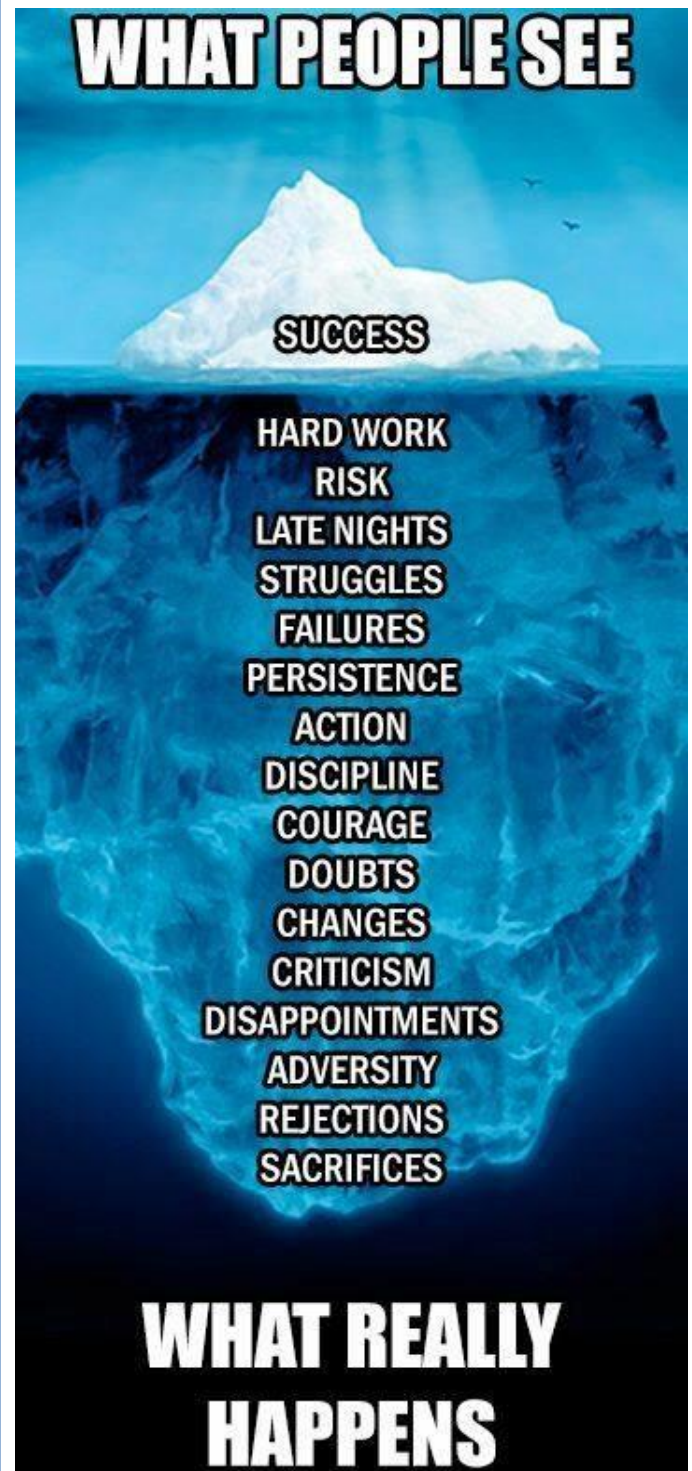
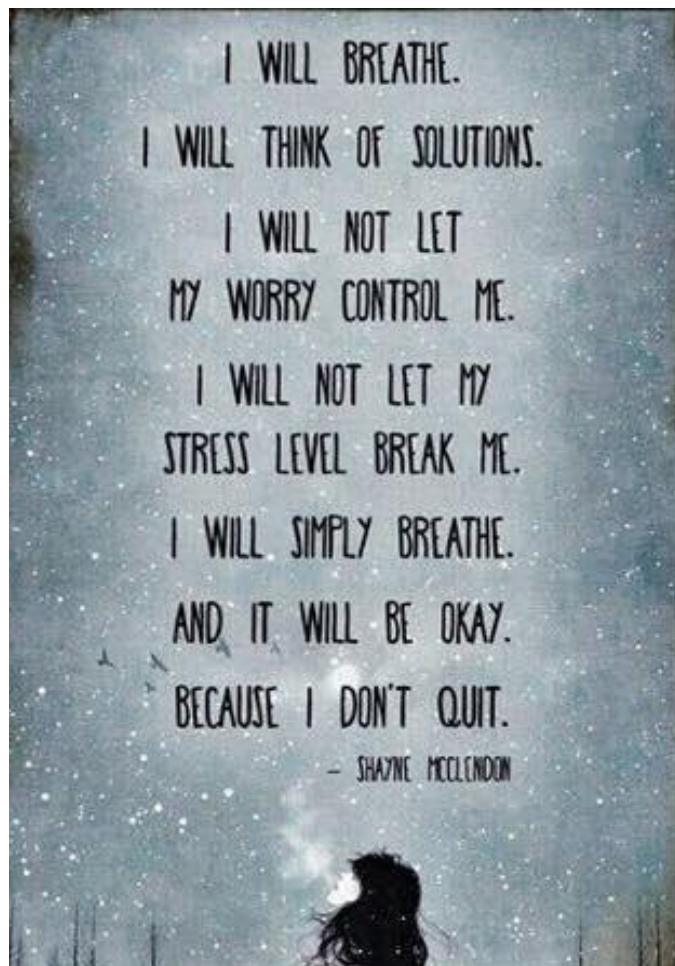


Asking for help
when you need
it is not a sign
of weakness, it
is a sign of
wisdom.

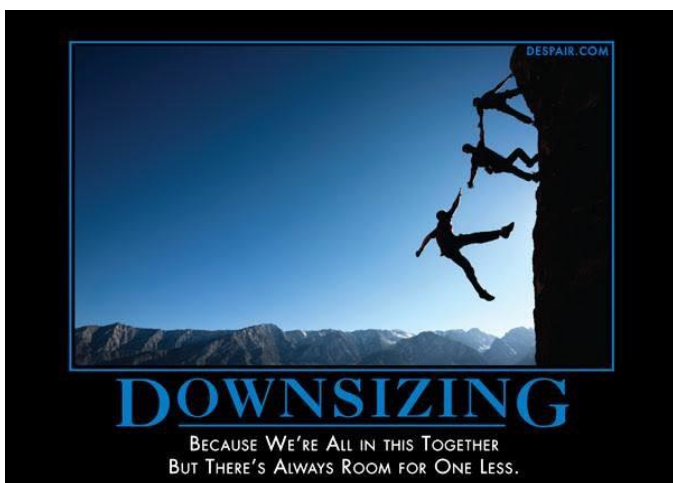
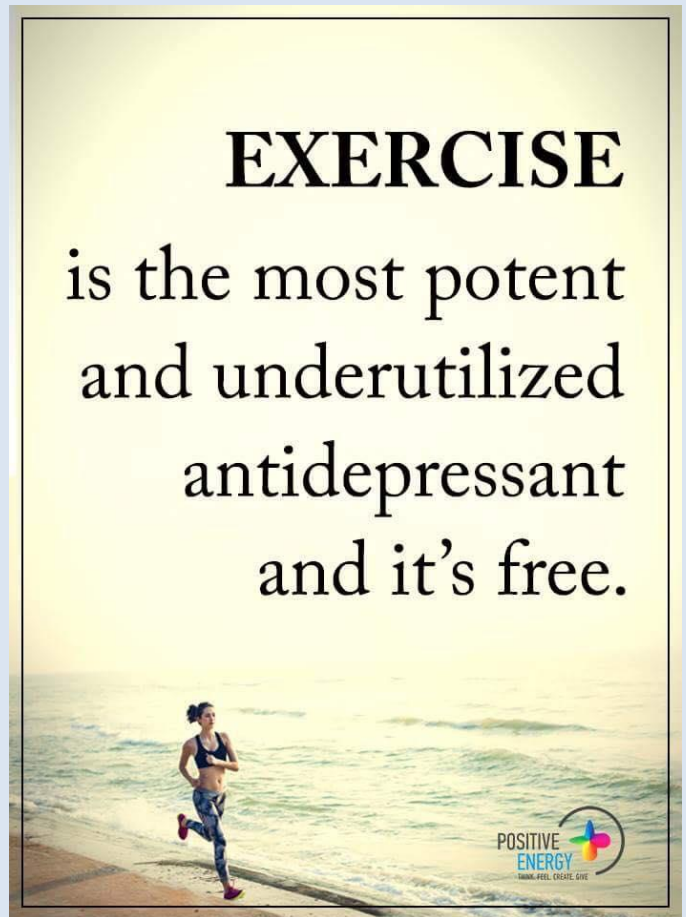
CE collective ...
EVOLUTION



PHOTO



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HOW TO SCHEDULE YOUR DAY WHEN YOU'RE UNEMPLOYED

Wake up, throw on your gym shorts and dust off your yoga mat.

Research from Belgium suggests that working out early in the morning — **before you've eaten breakfast** — doesn't just help you meet your fitness goals but could even give you more energy than those few extra minutes of shut-eye.



7:30 am

8:15 am



Hit the showers.

Use this cooling-off time to ponder the meaning of life and **what you truly want** to get out of it.

Eat a healthy breakfast and sip your coffee outside.

Research suggests eating within an hour of waking **boosts your mood and mind**, and exposure to natural light in the morning tells your body to stop producing melatonin, a hormone that makes you sleepy. Light is also a natural antidepressant.



8:30 am

9am–12pm



Search for and apply to long-term jobs.

Before you start, make sure your résumé is up to date. Write a custom cover letter for each job, being sure to include the job details, show your value, infuse some of your personality, use phrases from the job description, and **include only relevant information**.

Eat lunch.

Take an hour-long lunch break — you've earned it. If you want to watch a little TV while you break, go for it, though a walk in the park might be better for you. Keep your lunch light so that you can **maintain your energy levels**.



12–1pm

1–2pm



Search for and apply to short-term jobs.

If you're not earning an income and don't have rainy-day funds to fall back on, things can get tight quickly. Spend an hour each day applying for jobs that can **hold you over** while you look for something more sustainable.

Learn a new skill.

There are plenty of online resources for learning new or brushing up on skills that could help set you apart. Use platforms like Coursera for free online courses in fields that interest you or that could **help you in your career** and spend an hour each day on lessons and coursework.



2–3pm

3–4pm



Network.

Networking is an important step in finding a job. Use this time to email contacts you might have in the industry, set up and attend coffee meetings, and **follow up with contacts**.

Volunteer.

Volunteering isn't just a great way to boost your spirits; it can help you network, **gain experience**, and add something special to your résumé.



4–6pm

6:00 pm

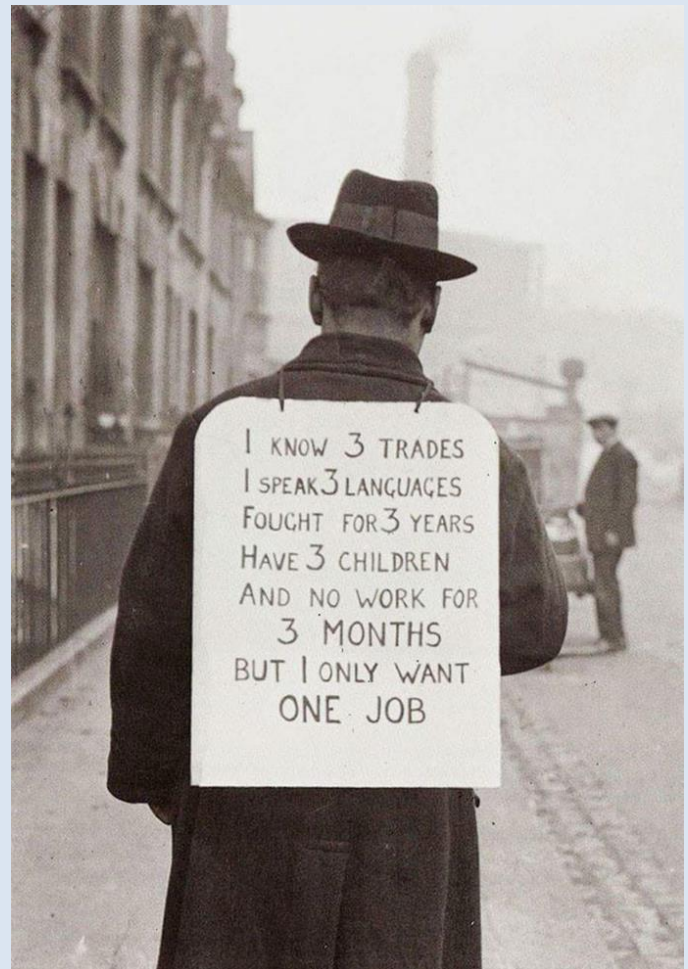


Socialize and relax.

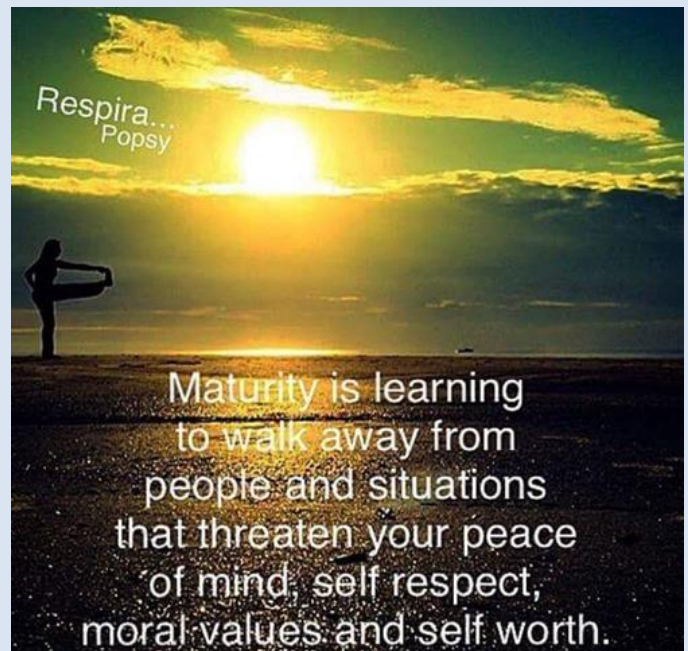
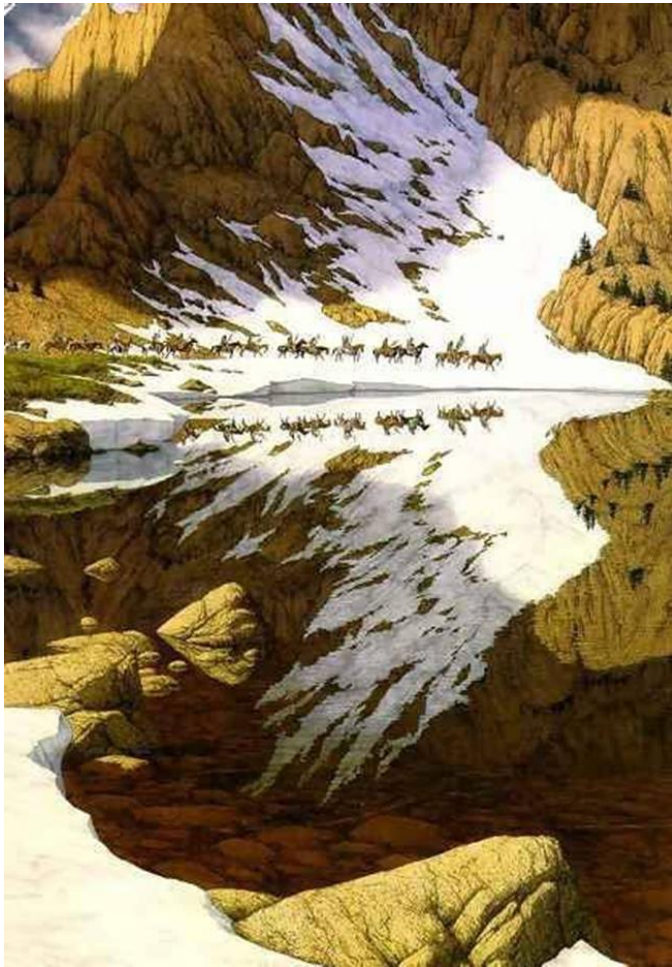
After a day's hard work, keeping in touch with family and friends is important for maintaining your sanity, and these close contacts might also prove **useful in your job search**.

SOURCES: The New York Times, The Journal of Physiology, Résumé Strategists, Come Recommended, Lifehacker.

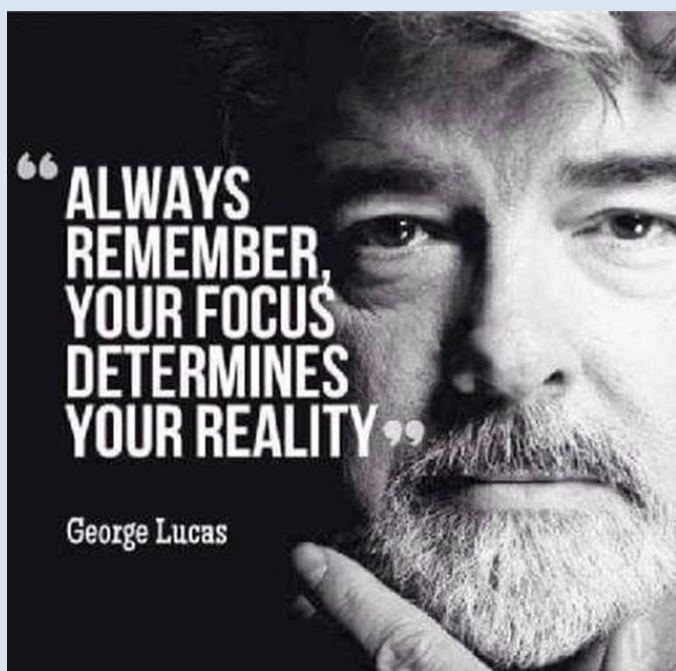
BUSINESS INSIDER



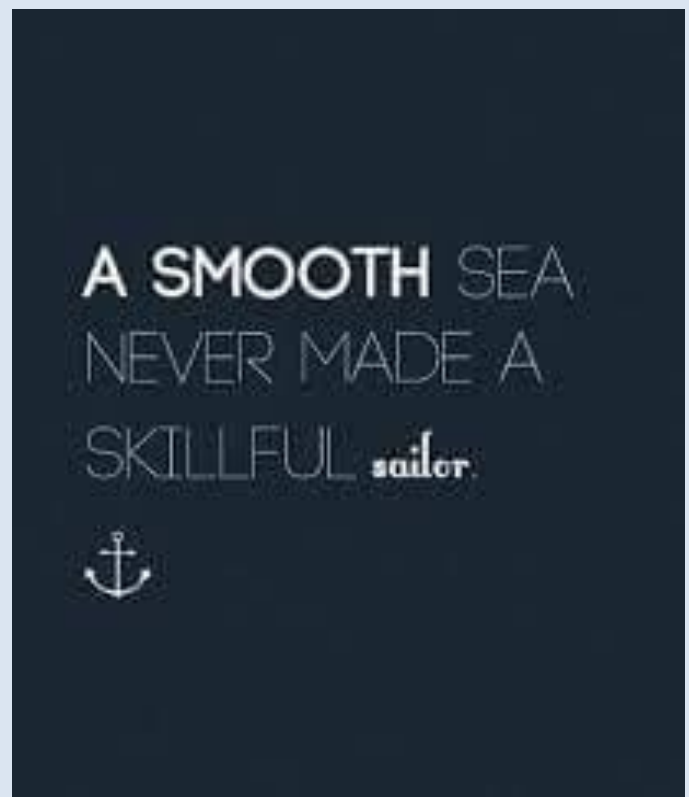
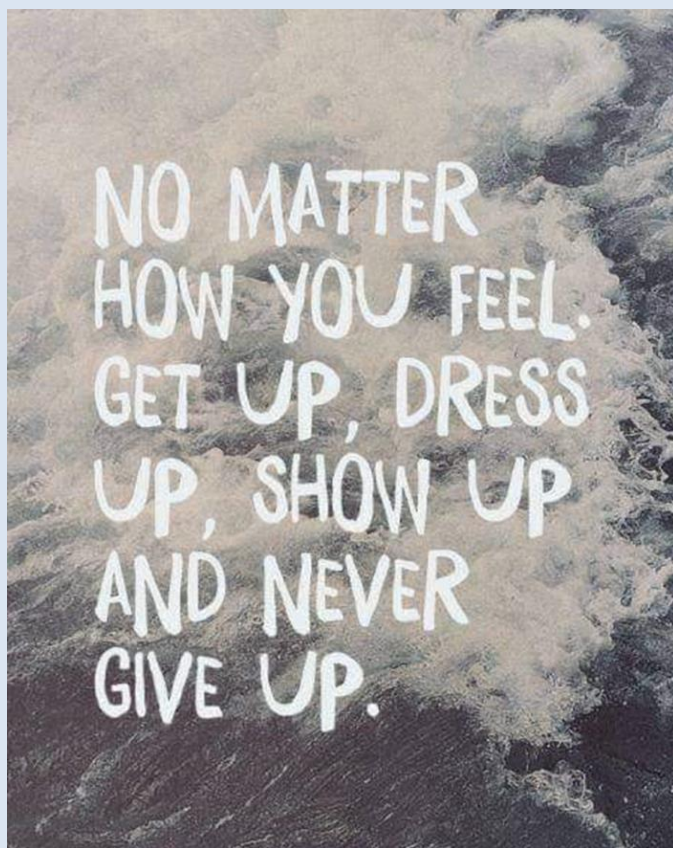
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