CAREER TRANSITION FOR ACADEMIC STAFF
University of Alberta

COUNSELING SERVICES
In today’s fast paced world, maintaining good mental health and physical well-being during times of job transition or job loss can be difficult. Having the opportunity to speak confidentially with someone about emotional issues and setting goals can assist you in making the transition to a new career. The service is available for a three month period post-termination.

CAREER CONSULTATION SERVICE
Depending on individual need, career counseling can provide coaching on any of the following: exploration of career possibilities, suitability of fit for alternate positions, job search and entrepreneurial skill and goal setting.

FINANCIAL CONSULTATION SERVICE
Financial consultants can assist by providing information that will allow for better informed spending, saving and debt management decisions. The service provides a combination of a comprehensive assessment, a personalized information package, and/or consultation with a financial expert to assist in making calculated decisions regarding how to best manage money and debt given your changing circumstances.

E-LEARNING OPPORTUNITIES
Human Solutions offers a wide range of e-learning opportunities that are self-paced, self directed and include printable information and exercises. Topics relating to Career Transition include; Taking Control of Job Loss and Transition, Embracing Workplace Change, Taking Control of Your Money, Managing Stress and Responsible Optimism.

PERSONAL COACHING
Coaching provides individuals with a way to enhance self awareness with respect to preparing for a new role or career, achieve better work/life harmony and/or manage professional relationships. The coaching program can assist individuals identify their strengths and establish a comprehensive approach to taking the next step in their careers.

To access any of the EFAP services listed above, please contact Human Solutions directly at 780.428.7587 or www.humansolutions.ca. To ensure you are provided with the most appropriate services, please advise Human Solutions at the time of the call that you have been affected by a reorganization.