



Unemployment Make it work for you !!!!!

So you don't have a job — Is it the end of the world? - by Deborah Noel

Although most of us won't be in the boardroom hearing Donald Trump say those (trademarked) infamous words "You're Fired!" – at some point in our lives many of us will be either fired, downsized, made redundant, let go, given the pink slip, dismissed, or laid-off. Whatever the words used, the feelings remain the same. Most of us will feel terrified, overwhelmed, scared, unhappy and confused. The big question ... now what? . Make sure you get a copy of your Record of Employment. Companies often move or go out of business, so, if possible, get a written reference letter. This solves the problem of having to provide a phone number, which may change, and you also get an idea of what your refer-

ence will look like. Check your credit cards, mortgage and insurance policies. You may have "loss of salary" insurance on these. Also, many services offer reduced rates for low income.



TIMELESS

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- Coping with Unemployment
- Tips on being unemployed



There are Benefits to being Unemployed

THE POWER IS YOURS! – You do have control here. You also have decisions to make – what do you want to do next and where do you want to do it. Perhaps now is the time to make a career change. Look at your transferable skills. Do you want to go back to your old line of work or do you need retraining. If, in your old job,

you were commuting and unhappy about it, this may be the chance to find work closer to home. One sure way to ensure job failure is to take any job offered. A good job, like a good marriage, has to fit. You must share the same values, expectations and goals. Although, economics may force you to take a survival or contingent posi-

tion, your next “real” job should be one where all the factors have been weighed and chosen carefully. When going on job interviews don’t forget to research the company carefully and ask questions. You will not only make a favourable impression on your employer but if a job offer is forthcoming, you will be more confident about your decision.

Unemployment Insurance Act

The purpose of the unemployment benefits is to compensate contributors whose contract of service has been terminated by the employer.

Qualifying conditions

A contributor may claim benefits:

- If an employer terminates his/her contract of employment
- When a fixed contract expires
- When a contributor is dismissed
- When services are terminated as a result of the employer’s insolvency
- When a business ceases to operate due to the death

of an employer

- The applicant must be a registered work seeker
- Subjects to credits, benefits can be paid to a maximum of 238 days in any period of four years

Application for benefits must be made within six months of termination of service.

Steps to follow

- Immediately visit a labour centre closest to you to apply.
- Have your green 13 digit bar-coded Identity document (ID) with you.

- You will be provided with relevant forms to complete.

Remember to give the correct banking details as confirmed by your bank.

"Immediately visit a labour centre closest to you"

Coping with Unemployment

"Therefore the loss of a job can have a serious impact on someone's self-esteem. It is a big loss and the feelings that can accompany sudden unemployment can closely resemble the feelings experienced during bereavement: anger, resentment, sadness, disbelief, depression and aggression," says Gerber.

People also feel guilty about losing a job, even if they themselves did nothing to cause the job loss. Also, if they come from well-to-do communities in which people live fairly isolated lives, the pressure to perform can be immense. In poorer communities, people are more used to helping each other out, and the stigma of sudden unemployment is less acute, according to Gerber.

She also mentioned that who you are can have a great effect on how you handle sudden unemployment. The following factors can play a big role:

- age
- gender
- marketability
- qualifications
- race

breadwinner

A well-qualified young black woman is going to have far less difficulty finding employment in South Africa than a 55-year-old white man with few qualifications.

With our economy being what it is, chances are high that

every person will have at least one, if not more, stretches of unemployment.

Whether you are between jobs, or just recently matriculated, or been retrenched, the way you feel will probably be very similar. This is not easy to deal with – when you're unemployed, it's easy to feel sidelined, depressed, worried about money and unmotivated. And the sad thing is, that once, you're feeling this way it's difficult to motivate yourself to get back into the swing of things

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TIPS WHEN YOU ARE UNEMPLOYED

Job search. Don't stop looking, even if you're feeling unmotivated. Keep your eyes open for anything vaguely in your line, or depending on how desperate your financial situation is, anything at all. Small jobs well done have often led to greater things.

Keeping busy. Empty days that stretch endlessly ahead, can be

terribly depressing. Do something regularly, such as exercising or seeing a friend, or gardening, or going to the movies. Don't watch TV all day, as it can get very lonely.

Be creative. Now you have the time to do things like drawing, woodwork, writing, sewing, furniture restoration, time-consuming home improve-

ments – whatever takes your fancy. Use the time at your disposal to give vent to your creative talents – exactly the kind of thing you wouldn't be able to do if you were stuck in an office all day.

Tips Continued.....

Depression. Watch out for depression – it can creep up on you. Many people, when they are out of work, feel redundant, unwanted and unmotivated. Keeping busy in a constructive manner and not stopping the job search will both contribute to improving the way you feel.

Getting money. Check whether you are eligible for unemployment benefits. Draw these, as you have been paying in, possibly for years. If you weren't registered for these, you may have to look for alternative ways of earning money. Put the word out that you are available for house sitting, babysitting, running errands, casual work, etc. Do whatever it takes. Don't spend money you don't have. If you sit at home in a crumpled, miserable heap, work is not going to come and knock on your

front door.

Watch the papers. Read the employment sections of the papers every day. Check the internet for job ads as well, if you have internet access. If you don't, ask friends who do, to keep their eyes open. Also check community notice boards for any openings or opportunities.

See friends. Make fixed dates with people. Loneliness is a big problem if you have a lot of time on your hands. If you have fixed dates with friends, it structures your week to a certain extent. Now that you have time on your hands, you can also offer to do things for them.

Do things that don't cost money. There are lots of things you can do that don't cost money, such as joining the library, going for a walk in a sce-

nic area, doing window shopping, visiting friends. All social encounters do not have to cost vast amounts of money.

Keep your CV updated. Have a copy of your updated CV ready in case anyone contacts you and wants it as soon as possible. Be battle-ready.

Up your skills. Learn to type, better your computer skills, do voluntary work for charities or simply offer your services free of charge to a company where you really would like to work. With more experience, chances are that you will find employment more easily.

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