

Job Transition FINANCIAL CHECKLIST



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Walking with you...



1. Evaluate Your Current Situation

- Review your savings and investments.
- Assess your monthly expenses and create a budget for the transition period
- Decide whether to keep, sell, or adjust any investments during the transition.

2. Understand Your Employment Benefits

- Check the status of your health insurance: Will it continue through your current employer?
- Determine if you have a gap in coverage, explore COBRA options and if necessary explore individual coverage options including short-term plans.

3. Plan for Income Gaps

- Estimate how long you expect to be unemployed.
- Calculate how much money you'll need for essential expenses during the transition.
- Explore potential unemployment benefits and how to apply for them.

4. Update Your Budget

- Adjust your budget based on your current income and expenses.
- Identify areas where you can cut back on non-essential spending.

5. Manage Debt

- Review your current debts (credit cards, loans, etc.).
- Avoid taking on new debt during this transition period.
- Prioritize debt payments and consider contacting lenders for potential relief options if needed.

6. Explore Health Insurance Options

- Consider short-term health insurance plans if needed.
- Research health insurance options if you'll be without coverage, including marketplace plans.

7. Evaluate Retirement Accounts

- Make use of any severance pay to strengthen your financial position.
- If you have a 401(K) or retirement account, consider rolling it over into a new employer's plan or IRA if in your best interest.

8. Create a Job Search Fund

- Set aside a specific amount for job search-related expenses (e.g., transportation, interview attire, etc.).

9. Prepare for Negotiation

- Research salary ranges for potential new roles.
- Be prepared to negotiate salary and benefits with future employers.

10. Consider Professional Help

- If your financial situation feels overwhelming, consider consulting with a financial advisor for personalized guidance. **For a complimentary review of your financial situation, please email me at tomgilliam@carillongroup.com.**

APPLICATIONS & INTERVIEWS

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T

W

T

F

Weekends are for rest & relaxation, faith, family, & friends, parks & recreation, reading & board games, music, self care, & reflection...

REMINDERS & ACTION LIST

JOB SEEKERS ADVICE

- Seek the support of all available resources and our community.
- Get out and network!!
- Don't spend the entire day behind a computer screen.
- Reach out to career coaches, recruiters, and others who want to help.

Never give up Hope!!

Need more of these sheets?

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Job Seekers GARDEN CLUB ST. LOUIS



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Bob Kolf founded Job Seekers Garden Club of St. Louis in 2020 to help St. Louis area workers find employment. Today they are a networking group that matches job seekers to careers that match their individual goals and future aspirations. The Job Seekers Garden Club of St. Louis stands apart from others in that any job seeker in St. Louis can join, and have a network of over 3,000 like-minded individuals as a support network.

We are a very caring and nurturing group focused on the career growth and needs of our job seekers. This was the genesis for the name “Garden Club”. We help to eliminate the “weeds” of negativity, keeping job seekers always positively looking forward to landing a new career that they will love!

We also have members that offer their support with services like mentoring, career coaching and hosting career events. Whether you’re looking to grow your career or nurture a new passion, Job Seekers’ Garden Club of St. Louis can help.

Bob

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