



NAVIGATING EMPLOYMENT, COVID-19

Presentation created by:
Kaitlyn Rinehart, MS, CRC, LAC

Last edited on (09/07/20)



Changes in employment since COVID



JOB LOSS AND
UNEMPLOYMENT RATES



VIRTUAL EMPLOYMENT



PSYCHOSOCIAL IMPACT
ON EMPLOYMENT



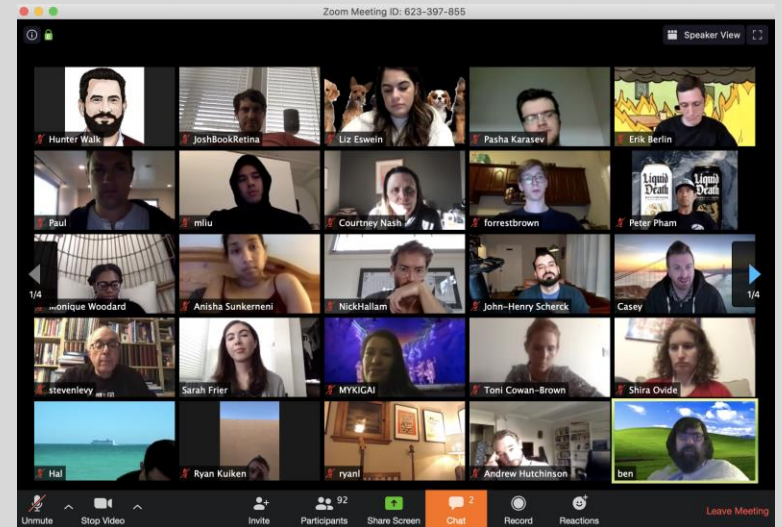
Who is still hiring?

- Call centers - some positions are work-from-home, but most call centers in Tucson are still operating onsite.
- Large chain retail stores (i.e. Walmart, Target, Fry's, etc.) - some of these positions are temporary due to the COVID-19 crisis and influx in the need for stockers, e-shoppers, and janitorial/sanitization assistance.
- Delivery drivers (think Uber Eats, Grub Hub, Postmates, etc.).
- Janitorial/housekeeping/custodial positions, especially within the healthcare professions.
- Private duty caregiving - most care homes are actually experiencing layoffs or reduction in hours as they are not receiving new intakes at this time.
- Warehouses (i.e. HomeGoods, Amazon, etc.).
- State of Arizona - still hiring temporary UI call center representatives.





VIRTUAL EMPLOYMENT

- Online platforms are now being used: Zoom, Microsoft Teams, Google Meet, Skype, etc.
- Interviews are generally done in two parts: phone pre-screen, and then an invite sent for a teleconference via email.
- Work-from-home pros: safety, comfort, ease of accessibility, and ability to better manage family roles.
- Work-from-home cons: some struggle with productivity, feelings of isolation, lack of support, and inability to disconnect.
- Must have a good environment/home office space in order to work-from-home effectively.



VIRTUAL INTERVIEW ETIQUETTE

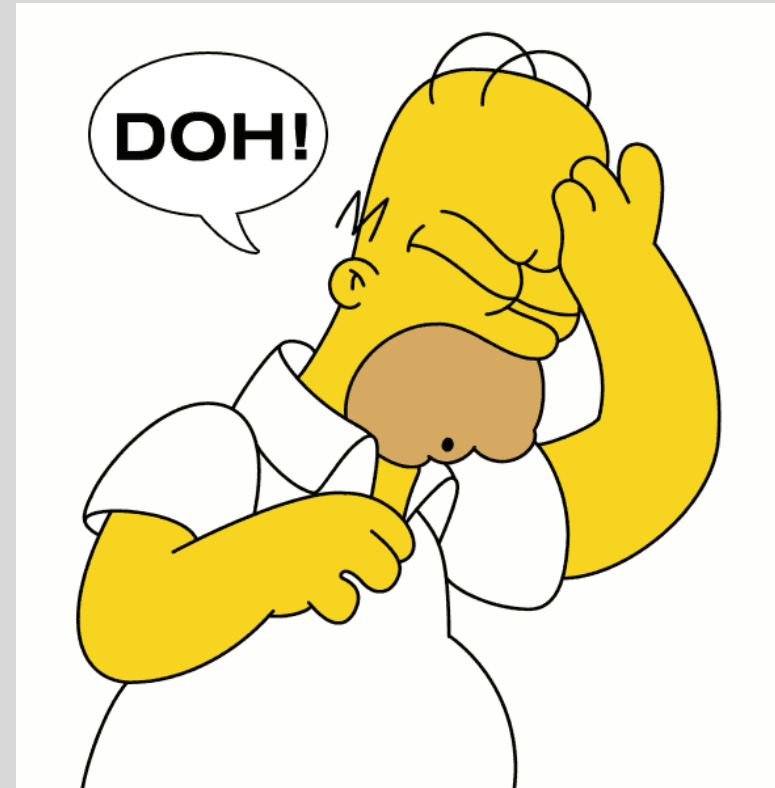
DO  Have a plain, or professional background. Wear professional attire. Turn off any background noise, or wear a headset to cancel out noise. Use chat box or “hand raise” features during large meeting so you don’t interrupt others.

DON'T  Roll out of bed and go into a virtual meeting. Have the TV blaring in the background. Focus the camera on your forehead. Have all the lights turned off.



WHAT COULD GO WRONG?

- When engaging in a virtual meeting, make sure you only have the meeting open - nothing else in your browser!
- FREEZE!
- Whoops, muted!



WORKING ONSITE

#MaskUpAZ



STAY **HEALTHY.** | RETURN **SMARTER.** | RETURN **STRONGER.**

- Social distancing policies will likely be in place - 6 feet of distance between you and others.
- Mask up!
- Wash hands frequently, and don't forget to sanitize your work space (desk, doorknobs, surfaces others may touch, etc.).
- Follow all policies at your worksite to keep yourself and others healthy and safe.
- If you feel sick, stay home, or [find a testing site.](#)



PSYCHOSOCIAL IMPACT

- Change can be difficult, but we can adapt!
- Feeling stressed in stressful times is normal, but feeling overwhelmed is a sign that it's time to make a change and reach out for support.
- Get comfortable with the phone - you'll need it to connect.
- Remember to take breaks, even if you're working from home.



QUESTIONS?



Additional References/Resources

Unemployment Assistance and Filing:

- <https://des.az.gov/services/employment/unemployment-individual>

University of Arizona, Eller College of Management, Economy Stats:

- <https://www.azeconomy.org/arizona-unemployment-2/>

Bureau of Labor Statistics:

- https://www.bls.gov/regions/west/az_tucson_msa.htm