

09.09.24

Keith

HR manager terminated

My employment ended; awaiting payout.

1st Sat.
Taken 2 weeks to process the reality
Have to accept I won't have the answers.

Sep. 2022 when trouble started w. colleague.

Arguing w. myself.

Why was I still there if I wasn't happy there?

- colleagues

- package.

In hindsight, I knew it wasn't healthy environment for me.

Keep reminding back that this is best outcome for me & my sanity.

I'm outside my comfort zone; the uncertainty.

Fri. & Sat. didn't sleep.

What will happen next?

In limbo. Have to make some decision
my self. alone

Q who I am professionally

Had 9 colleagues replying me a letterbox & the value
of their words. Helped me.

2nd call w. employer in Hunter - positive;
started to apply for jobs.

2x I/V in Newcastle.

Lots of things going on → confused

Wife - focus of culture.

Good support from her.

Moving in my mind

Ar. sitting at home → mind wanders to working

⊕ challenge

⊕ stimulation

⊕ people focus

Need to figure out what next looks like
Way outside comfort zone. Not a risk taker.
Unsettling but exciting.
Fear of living in void of uncertainty.

11/5 Friday - one today.

Valuing my experience

Do I want to push it or a new role?

Next week - heading to farm.

Challenging myself around resilience & values &
self confidence

Never been unemployed since 14.

Struggling in the uncertainty

Keeping telling self to just go through it.

Up & down; looking for answers.

& the truth

Wrote to HR manager - her response was ingenious.

Feel really cautious; guarded.

Have been a company man. Exp. shifted me to
protect self

Now I re-think value of union re procedural fairness.

Deeper sense of empathy for procedural fairness

Will be personal growth.

~~It was~~

⊕ provider for family

Financial challenges; was worried about how it'd be there.

1. Know I need a break.

Need to create pathways

Then farm to unwind.

Trying to rationalise

⊕ Retire at 60

Always been a planner / mapper.

Ambiguity - struggling to let it be.

> when I can rationalise pathways - financially.
Can't cope w/ uncertainty

? like to do

* teach the next generation

Trying to not dwell on how I got here; but what I
want the next bit to look like

? why still there if not happy.

My parents split when I was 4

Lived w/ M^o F^o refused to talk to me until 17
(but talked to my brothers)

I saw the financial fallout

→ providing for my kids + 1 priority

Stayed 2^o insecure of not having the income
My kids had a good lifestyle.

Wealth creation & property I can give to the kids.

The financial security I never had.

Sep. 22 - when new manage started things &.

Not happy there since then.

Feel relief I don't have to face that.

Redundancy - a safety net.

⊕ put myself 1st & move to right place

⊕ stability