

TRANSITION SUPPORT



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RECOGNITION

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RECOVERY

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TRANSITION SUPPORT

RECOVERY

- Healthy step forward away from service is to focus on recovery.
- This is your choice and may include: psychological or psychiatric support/treatment, mindfulness/meditation, physical exercise, time with friends/family, extra rest, good nutrition, relaxation, new hobbies

RECOGNITION

- In the civilian world it can be difficult to describe your skills and knowledge.
- Undergo a recognition process
- Several vocational organisations offer recognition of prior learning (RPL).
- CLET Training is one of those providers.

LEARNING

- New learning is always good practice.
- Freshens your thought processes and opens new opportunities in the workplace.
- Many universities offer advanced standing for former service personnel
- Includes non-formal learning such as a new hobby, team engagement, teaching others, re-learning about yourself

RE-EMPLOYMENT

- Re-employment is important to sustain a lifestyle, self-esteem and self-worth
- Ensure you have the right attitude and focus
- Being decisive and pursuing realistic expectations
- Make sure you have everything you when applying

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