

# Finding your way through COVID-19

an employment & mental health webinar.





# Welcome



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# Agenda

1. Financial Support for individuals – what is it the government is offering individuals and how do you claim?
2. Personal branding in the COVID-19 landscape.
3. Finding employment – where to look.
3. The do's and don'ts in job interviews – especially in the COVID-19 environment.
4. Mental Health awareness and support
5. Q&A



Support for  
individuals from  
the government

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# Support for Individuals



**You are eligible to receive a payment from the government in any of the following circumstances (as a result of COVID-19):**

- unable to work or are out of work,
- in isolation or hospitalisation,
- caring for children,
- Joint **GROSS** income is below approximately \$1,800 per fortnight. This will be current until the higher threshold is legislated.

**If this is the case, you may get one of the following payments:**

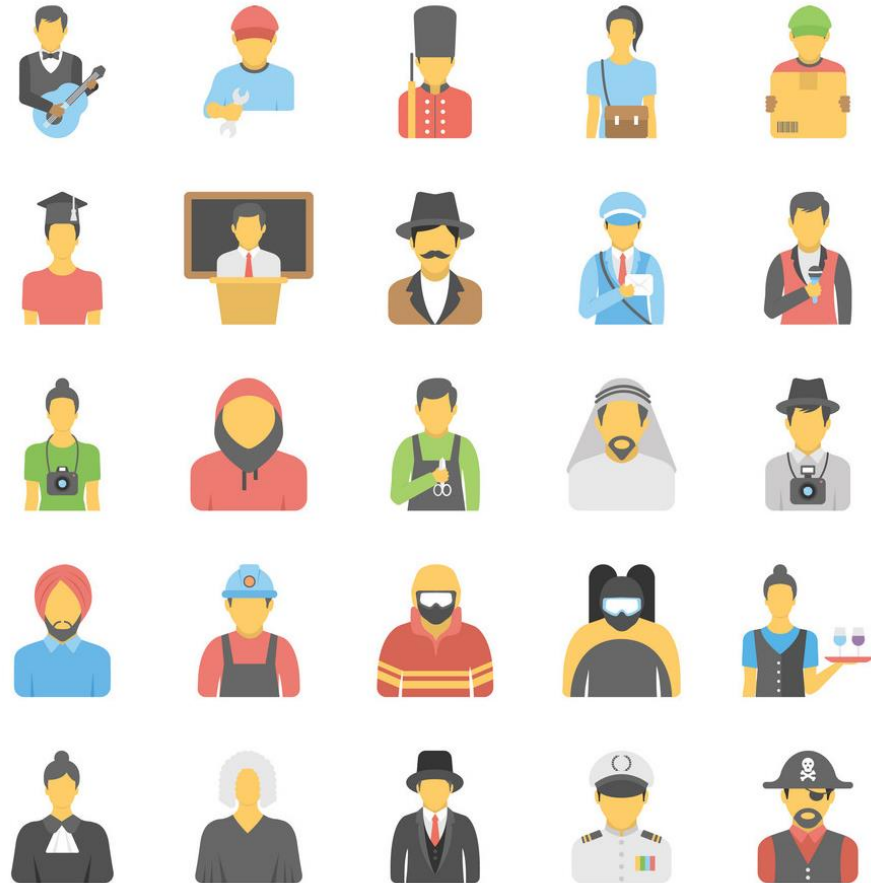
- Economic Support payment (one-off \$750 payment),
- Coronavirus Supplement,
- Youth Allowance,
- JobSeeker Payment,
- Parenting Payment.

**Eligible businesses will be entitled to the JobKeeper subsidy. We'll get into that momentarily.**

*There is a guide on the pmwPlus website on how to apply for payments. We will send this to you along with a copy of this webinar.*



# Support for Individuals



## \$130 billion JobKeeper payment is a subsidy to businesses

- Not yet law.
- Wage subsidy to help employers who have suffered a 30% fall in turnover retain staff.
- Paid to the employer to be on paid to the employee (net of tax).
- \$1,500 per employee (one employer per employee).
- Applies to casuals who have been employed for more than 12 months.
- Doesn't apply to business with turnover >\$1bn or major banks.



# Support for Individuals

## Economic Support Payment

- A \$750 one-off economic support payment will be paid to those who are eligible to receive it.
- Payment can be expected on any day from 12 March to 13 April 2020
- Most existing Centrelink recipients will qualify. See Table 1.
- A second one-off \$750 economic support payment will be deposited from 13 July 2020. This is only if you're getting an eligible payment or have an eligible concession card as on 10 July 2020.
- You **won't** get this payment if you're receiving the Coronavirus Supplement.

Table 1.

Age Pension	Disability Support Pension
Carer Payment	Carer Allowance
Parenting Payment	Wife Pension
Widow B Pension	ABSTUDY (Living Allowance)
Austudy	Bereavement Allowance
Newstart Allowance	JobSeeker Payment
Youth Allowance	Partner Allowance
Sickness Allowance	Special Benefit
Widow Allowance	Farm Household Allowance
Family Tax Benefit A & B	Double Orphan Pension
<b>You will also get the payment if you have one of the following concession cards:</b>	
• Pensioner Concession Card	
• Commonwealth Seniors Health Card	
• Veteran Gold Card	



# Support for Individuals

## Coronavirus Supplement

- For those who are eligible, you will receive the **\$550 Coronavirus Supplement fortnightly on top of your income support** payment from 27 April 2020.
- If you're already getting one of these payments, you don't need to do anything.
- If eligible, this payment will be made to you each fortnight for up to 6 months.
- You'll automatically get the supplement if you're receiving any one of these payments:
  - ✓ JobSeeker Payment, Partner Allowance, Widow Allowance, Sickness Allowance and Wife Pension
  - ✓ Youth Allowance for job seekers
  - ✓ Youth Allowance for students and apprentices
  - ✓ Austudy for students and apprentices
  - ✓ ABSTUDY for students getting Living Allowance
  - ✓ Parenting Payment partnered and single
  - ✓ Farm Household Allowance
  - ✓ Special Benefit.

**If you're not already getting a payment you need to make a claim.**







# Support for Individuals

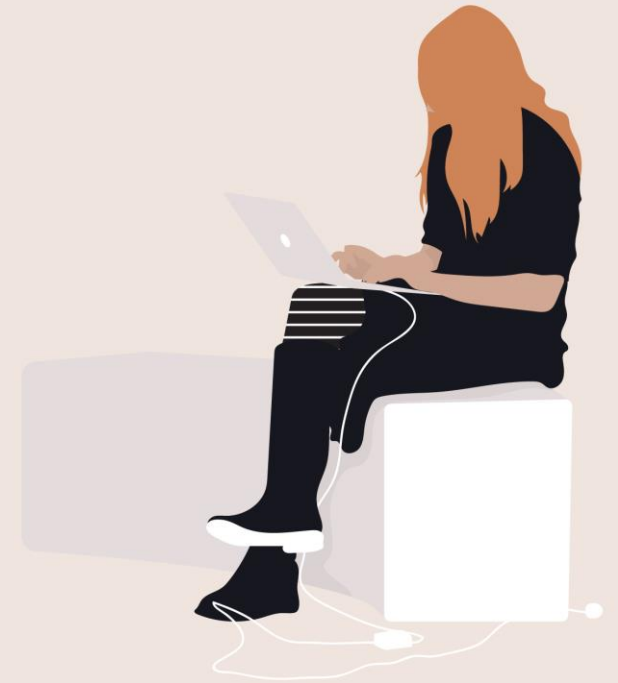
## Jobseeker Criteria

- a permanent employee who has been stood down or lost their job,
- a sole trader, self-employed, casual or contract worker **whose income has reduced,**
- caring for someone who's affected by coronavirus.

**Assets test waived in this instance and MOST waiting periods have been waived for the next six months.**

An income maintenance period may apply due to employer lump sums paid. For example:

- annual leave
- redundancy payments
- long service leave.





# Support for Individuals



## Job Seekers & Youth Allowance

Eligibility has been expanded for this allowance. Centrelink, for the meantime, will consider you eligible for the Job Seeker or Youth Allowance payment in you're:

- a permanent employee who has been stood down or lost your job,
- a sole trader, self-employed, a casual or contract worker whose income has reduced,
- caring for someone who's affected by coronavirus.
- Income testing will still apply for this payment.

Centrelink have waived asset testing for 6 months from 25 March 2020, except for Farm Household Allowance and Special Benefit.

Centrelink have also waived the liquid asset test waiting period, newly arrived residents waiting period, and seasonal work preclusion period.

On 12 March 2020 Centrelink started a 3-month waiving of the Ordinary Waiting Period. This will continue while these temporary arrangements are in place.

Income maintenance and compensation preclusion periods will continue to apply.





# Support for Individuals

## Parenting Payment

You could get a part payment if you meet all these conditions:

- you earn less than \$993.50 each fortnight
- your partner earns less than \$1,858.50 each fortnight
- your combined income is less than \$1,987.50 each fortnight.

## Family Tax Benefit (FTB)

Coronavirus may impact your Family Tax Benefit (FTB). This includes if:

- [your family income changes](#)
- [your child's over 16 and can't study](#).

## If your family income changes

- Your [family income estimate](#) affects how much FTB you can get.
- If you or your partner stop work, your family's income may change. You should [update your income estimate](#).

## Child Care Subsidy (CCS)

Your [family income estimate](#) affects how much CCS you can get.

## If your child can't attend childcare

- your child is sick or isolated
- you're sick or isolated
- you choose to keep them away as a precaution.

If your service is open and they're charging you fees, you may still get CCS.

You can now get CCS for **20 extra absences** per child for the **2019-20 financial year**. This means, you can get up to **62 absences**. You can use these absence days for any reason. You don't need to do anything for your CCS to continue and we **don't need evidence if your family income changes**.

If you or your partner stop work, your family's income may change. You should [update your income estimate](#).

If you're [casual or have irregular hours of work](#), we normally ask you to estimate your hours for 3 months. **If your hours have reduced because of coronavirus, there's no need to change your hours right now.**





Personal branding  
in the COVID-19  
landscape.

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# Personal Branding



## *Why on Earth are we talking about personal branding?*

1. Because it's inescapable. You are a free agent in an economy of free agents.
2. The value you carry to your name has an effect on business and personal success
3. Because you better believe future employers/recruiters are either Googling you or looking at your socials.

## *What is personal branding?*

- It's effectively what people say about you when you're not in the room.

The benefit is – everyone has the opportunity to stand out.



# Personal Branding

*Before you start looking for work, scrub your social profiles.*

- You have an audience (whether its your family, friends, work colleagues – you have an audience).
- A social media profile is not private. It is a public platform, no matter how high your privacy settings are. There are a million and one ways in which people can access the content you post on your social portals.
- Actions online have real life consequences, in your social and professional life.
- Go back at least a year and review your activities. Be sure that you're happy for anyone in the world to see what you've posted, including recruiters, future employers and strangers.





# Personal Branding



## *Personal Branding tips to enhance your job search.*

1. Network on multiple platforms (LinkedIn, Facebook, Instagram, Twitter)
2. Keep your image similar if not identical across your active social platforms
3. Be consistent with your posting but don't be afraid to share your passions, likes and your strengths.
4. Don't just share and like other people's content, to really build a presence on portals such as LinkedIn, start generating your own content.



Finding  
employment and  
the do's & don'ts.

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# The workforce landscape

## Who is recruiting?

- Supermarkets
- Nursing homes
- Call centres
- Agriculture sector

Setup job alerts.

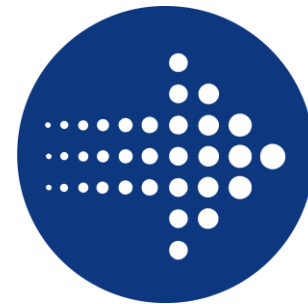




# The workforce landscape

Which job boards to use?

 indeed



seek

facebook

Linked 



# The workforce landscape



## Resume tips:

- Ensure it is up to date.
- Correct spelling, grammar and formatting goes a long way.
- No more than four pages.
- Include a cover letter or career ambition; why are you an active job seeker?



# The workforce landscape

## How to stand out from the crowd

- Put yourself out there.
- Upload your resume to the various job boards.
- Be proactive.





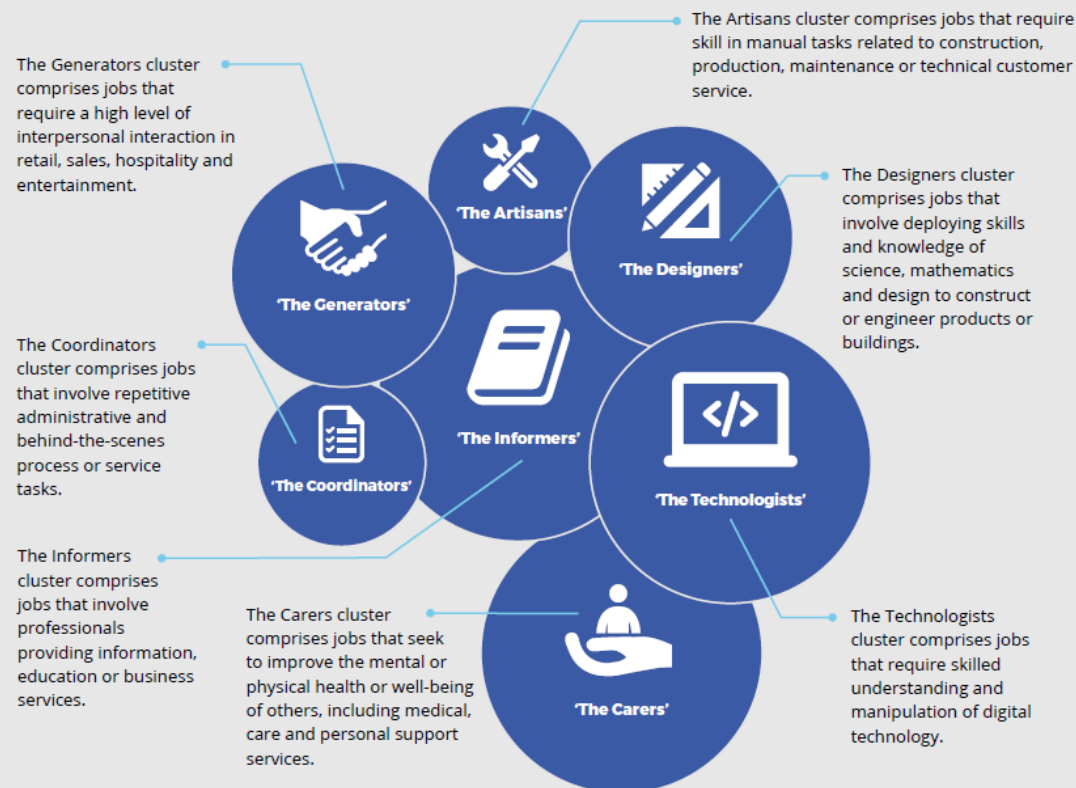
# The workforce landscape

## Be self-aware of your transferable skills

### There are 7 new job clusters in Australia

There are more than 1,000 different occupations in Australia. This might seem like a bewildering choice for a young person starting their career, but actually many of these jobs are related in the sense that they involve similar skills, day-to-day tasks and work environments (some of which are surprising).

By using a first-time methodology for analysing millions of job advertisements, these occupations can actually be grouped into just 7 'clusters of work':





# The workforce landscape

## Can I work while stood-down from another job?

- Discuss with your employer
- Check your employment contract.





# Mental health and wellbeing

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# Mental health & wellbeing



Feeling stressed in today's environment is a completely normal reaction

*“a normal reaction to an abnormal event.”*





# Tips for managing stress.

## START TODAY

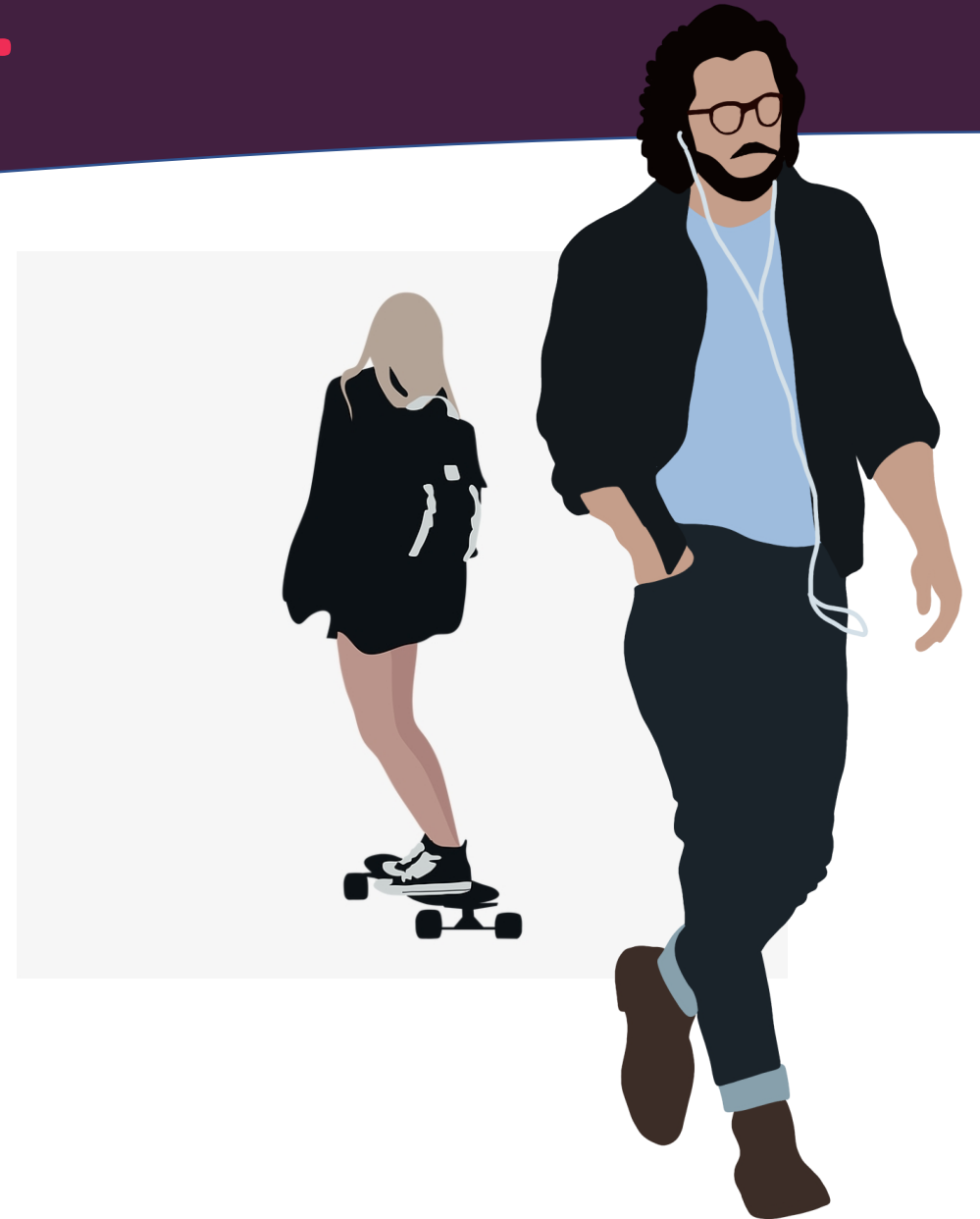
- ✓ Routines are important
- ✓ 7-9 hours of sleep per day
- ✓ Balance technology – give your brain a break
- ✓ Sit less – move more
- ✓ *Huff & puff* – exercise everyday





# Control what you can.

- Have boundaries with yourself and others
- Take care of yourself so you can care for others
- Give back – who can you help in the current environment?



# Thank you for your time.

## Contact information:

- ✓ **The team at pmwPlus:** 02 6362 1966 or via the website [here](#).
- ✓ **Tamara James, Pulse HR:** Click [here](#) to contact Tamara via her LinkedIn page.
- ✓ **Sharon Richens, Altius Group:** Contact Sharon via the Altius Group website [here](#).

Thank you.

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