

The Long Job Search

Staying upbeat

Feeling down-hearted is normal

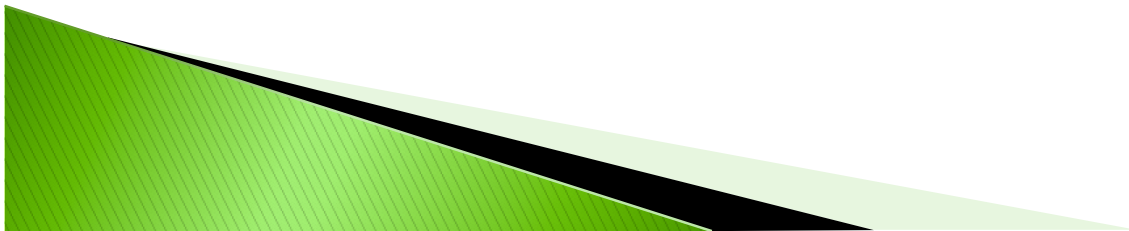
- ▶ You may begin to question your skills and abilities
- ▶ Will you ever again find a job in your field again?

- ▶ How can you break the potential downward spiral?



You are not alone

- ▶ This is a historically bad period, when a high percentage of the population is unemployed through no fault of its own.



Dealing with rejection

- Don't be discouraged or distracted
- Your ego may get bruised during a long job-search, but the more you stay focused and upbeat -- with your eye on the prize -- the better your chances of success.
- Remember that it will take *much* longer in this economy for almost all job-seekers to find a new job.

Have a strong plan of attack

Your plan should include:

- ▶ the type(s) of job you seek
- ▶ the employers you prefer
- ▶ a strategy for obtaining a position with one of your preferred employers

- ▶ Spending too much time online is a common error
 - Use your network: **talk to people**
 - Follow up on every lead

Multiple techniques

The best approach, especially in a weak job market, is a multifaceted approach using a number of job-search techniques including

- ▶ networking
- ▶ warm/cold contacts
- ▶ company job postings
- ▶ job boards (as specific to your field as possible)
- ▶ job fairs

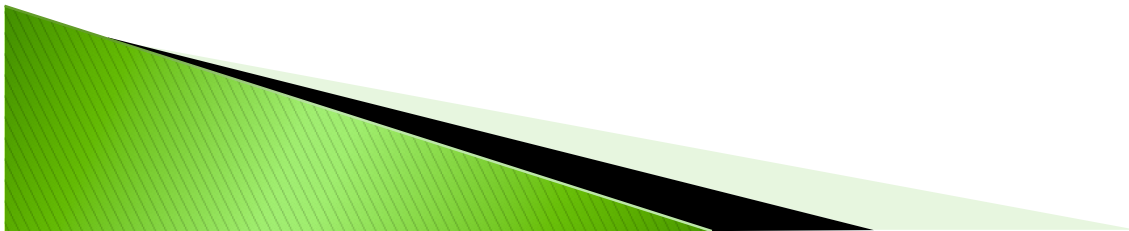


Groundwork

Completing all the preparation

- ▶ job-search strategy
- ▶ writing resumes and cover letters
- ▶ preparing for job interviews

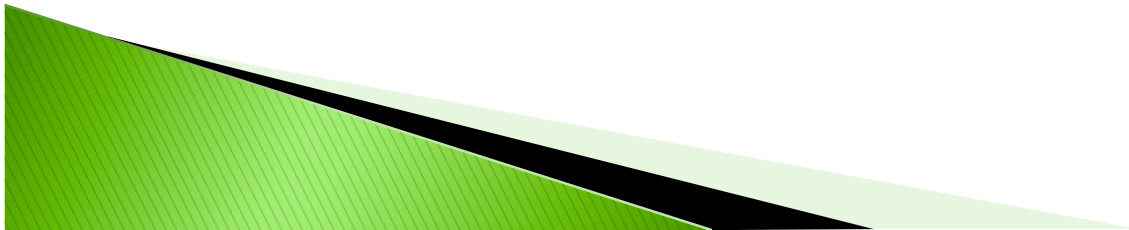
*is the most essential element to your success
in finding a new job.*



Troubleshooting 1

- ▶ Sending out resumes and getting no responses? Get professional help with revising resume:

www.pacareerlink.com



Troubleshooting 2

Getting interviews, but not any offers? Assess your interviewing and post-interview follow-up strategies.

- ▶ Set up a mock interview with a professional
- ▶ Set up information interviews

e.g. Send letters letting companies know that you are still interested in their company. Make follow up calls. Incorporate former interviewers into your network.

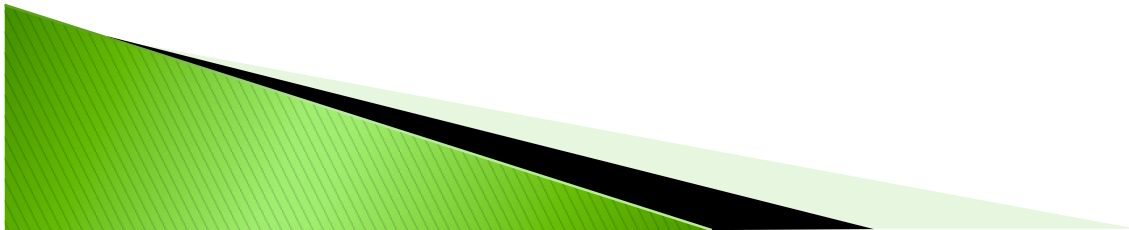
Role playing

- ▶ Keeping your interviewing skills sharp.
 - Seek out a friend, colleague, or career pro to ask you the tough interview questions in a mock interview situation -- then keep tweaking those answers until you have confidence in your interviewing skills.



Finding a Job is a job

- ▶ The Job Search is time consuming: treat it like a job
- ▶ Setting small achievable daily job-search goals for yourself e.g.:
 - talk with three people in your network,
 - follow-up three job leads.
 - Job-hunting is a cumulative effect of many activities, so get started on completing several job-search activities daily.

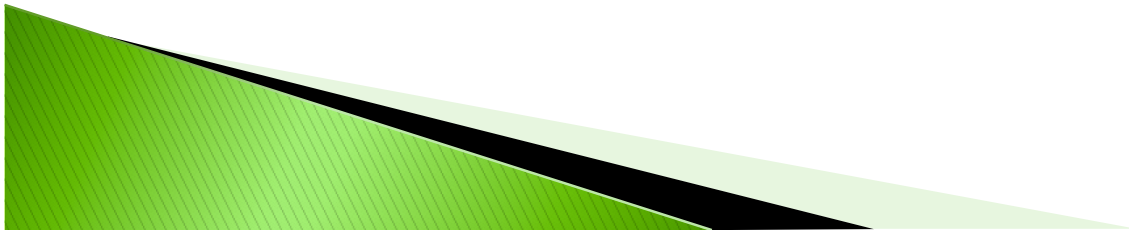


Alternatives to regular employment



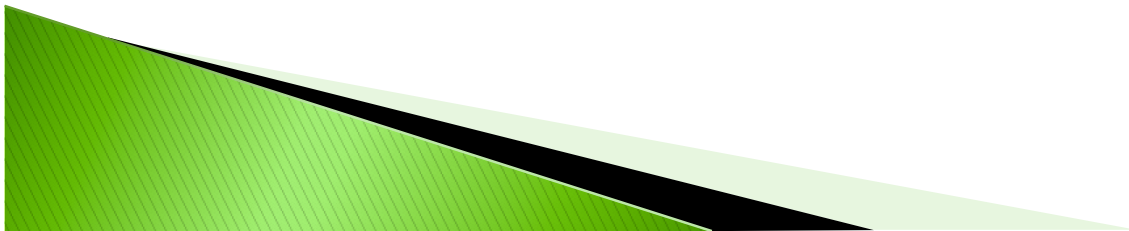
When job outlook looks poor in the short-term, consider taking a survival job:

- Temping or a less skilled job than you deserve: a good way to build new skills, get your foot in the door with various employers, pay some bills...
- Working for yourself as a freelancer or consultant
- Volunteering, even if only for a few hours a week, to gain valuable experience and make new networking contacts.



Increase marketability

- ▶ through volunteering
- ▶ ***additional training/education (may be essential for today's market)***
 - Even if you are unemployed for a period of time you can showcase your improved skills, and resourcefulness, rather than having a conspicuous gap on your resume.



Reward yourself!

- ▶ Do not live and breathe your job–search 24/7.
 - ▶ Take time each day **just for yourself.**
 - ▶ Walk, jog, or ride your bike.
 - ▶ Visit a nearby park and/or your local library.
 - ▶ Listen to your favorite music
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- ▶ **Do something to physically and mentally get away from the stress of your job–search.**



Think positive thoughts 😊

- ▶ A long job-search can certainly be discouraging and hard on the ego
- ▶ Work to rise above these feelings and focus on the positives –
- ▶ To get a job you need to project **a quiet self confidence, optimism and energy**
- ▶ Following some of these strategies should help get your job-search moving in a positive direction.



- ▶ The Job Market is improving and with patience, perseverance, courtesy and persistence

- ▶ YOU WILL FIND THE JOB YOU ARE SEARCHING FOR.... 😊

